HOSTETTER'S

ILLUSTRATED

CALIFORNIA

ALMANAC

1906.

FOR MERCHANTS, MECHANICS, MINERS,
FARMERS, PLANTERS,
AND
GENERAL FAMILY USE.

Carefully calculated for such Meridians and Latitudes as are best suited for a Universal Calendar for California.

PUBLISHED BY
THE HOSTETTER COMPANY,
PITTSBURGH, PA.

A BETTER DAY DAWNING.

THERE is a growing opinion among Druggists themselves (if their trade papers are any indication of the sentiment of their craft,) that the practice of substitution has a very demoralizing influence on the person who follows it. The better element call loudly for a reform. It may be set down as an axiomatic truth, that when a medicine in good repute and common use is called for and a substitute is offered and recommended, that a tinge of fraud or cupidity prompts the transaction. What other motive could a man have to thwart a customer's preference, when the article called for is in the open market, easily obtainable, and has earned its good name through its own verified merit. Do not be deceived, but insist on getting what you demand, and take nothing but the original

HOSTETTER'S STOMACH BITTERS.

To get the genuine of any standard proprietary article requires the exercise of ordinary care. Be sure you deal with a respectable house, having a character above resorting to dishonorable tricks. A careful examination of the following points will aid in distinguishing the pure article.

MARKS OF IDENTIFICATION.

The name of the preparation (Dr. J. Hostetter's Stomach Bitters,) is blown in the bottle. A fine steel plate label is put upon one side of the bottle with St. George and the Dragon as a vignette, and at its foot a miniature note of hand, with *fac-simile* of our President's signature. The directions for use are on the opposite side, in bronze letters on a dark ground. A metallic cap, stamped with a medallion head and the name of the article envelops the cork. An elegantly engraved Private Die Proprietary Stamp covers the metallic cap and cork, and adheres to the neck of the bottle on either side. The Company's monogram seal is burned on the top, thus of each cork, as an extra guard against refillment of the bottle by disreputable concerns who pirate the good name of meritorious medicines.

The devices of unprincipled adventurers to float imitations and counterfeits of our standard tonic are numerous and ingenious, but with the above caution no one need be deceived. Remember the Bitters are sold only in glass—by the bottle or case—and any offered in bulk. by the gallon or cask, bears the mark of its unscrupulous origin.

The Hostetter Company will continue to prosecute any infringement of their Trade Mark, their right to which has been so repeatedly confirmed by the United States Courts in all the principal cities of the nation. Only the novice in fraud now wilfully risks the judicial penalty, sure and swift, to follow his misdeeds.

Hostetter's California Almanac

FOR THE YEAR **1906** CALCULATED FOR

CALIFORNIA AND OREGON.

THE CHIEF CONCERN.

NO matter from what point of view we consider this brief life of ours, the question of health looms up as one of paramount importance. If we are born in easy circumstances, and can devote our leisure to the pursuit of happiness, untrammelled with the cares of active business, without a good constitution to start with, such a life is but a mockery and a delusion. If we are thrown on our own resources, as most of us are, and have to enter the lists where only the fittest survive, we will be at a great disadvantage if we do not inherit and cultivate the largest measure of robust health. So that, in our journey through this world, which we can never retrace or amend when once past its successive milestones, the first and best asset, in fact, the only solid foundation on which to build a pleasurable and prosperous career is a "sound mind in a sound body."

When this standard of physical well-being is lacking, through inherited weakness or invalidism of any sort, our chief concern should be to restore to their normal functions all of the misdirected energies of our frame—to bring back to their natural sphere of action the stomach, liver and bowels—that the brain and brawn may work in harmonious and healthy intercourse.

As a means of facilitating such an improvement in our health, no medicine has had a longer and firmer hold on public confidence than **Hostetter's Stomach Bitters.** Beginning its career in the middle of the last century, it is now recognized as THE standard household remedy. Renewing the natural functions of the stomach, the liver, kidneys and bowels are aroused from their lethargy, the blood is purified, and the whole man soon feels its beneficial effects.

HOSTETTER'S ALMANAC,

1906

THE TWELVE SIGNS OF THE ZODIAC.

RAM, Aries, THE HEAD.

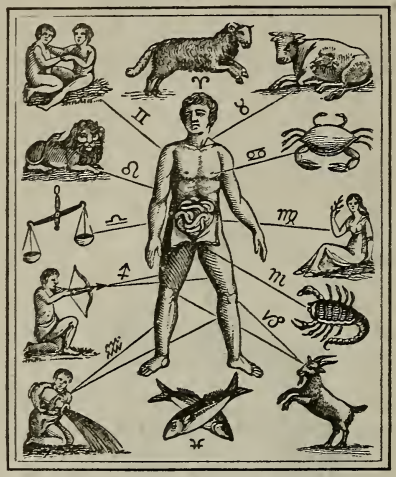
TWINS, Gemini. ARMS.

LION, Leo, HEART.

BALANCE, Libra, REINS.

ARCHER, Sagittarius, THIGHS.

WATERMAN, Aquarius, LEGS.



BULL, Taurus, NECK.

CRAB, Cancer, BREAST.

VIRGIN, Virgo, BOWELS.

SCORPION, Scorpio, LOINS.

GOAT, Capricornus, KNEES.

FISHES, Pisces, THE FEET.

CHRONOLOGICAL CYCLES.

Dominical Letter,	G.	Solar Cycle,	11
Epact,	5	Roman Indiction,	4
Lunar Cycle, or Golden Number,	7	Julian Period,	6619

FIXED AND MOVABLE FESTIVALS.

Epiphany,	Jan. 6	Rogation Sunday,	May 20
Septuagesima Sunday,	Feb. 11	Ascension Day,	" 24
Quinquagesima—Shrove Sund..	" 25	Pentecost—Whit Sunday,	June 3
Ash Wednesday,	" 28	Trinity Sunday,	" 10
First Sunday in Lent,	Mar. 4	Corpus Christi,	" 14
St. Patrick's Day,	" 17	First Sunday in Advent,	Dec. 2
Palm Sunday,	April 8	Christmas Day,	" 25
Good Friday,	" 13		
Easter Sunday,	" 15		
Low Sunday,	" 22		

Ember Days.

Mar. 7, 9, 10; Sept. 19, 21, 22;
June 6, 8, 9; Dec. 19, 21, 22.

MEAN TIME. (As used in this Almanac.)

The interval between the Sun's transit over the same meridian being unequal in length, it is impossible to regulate clocks by it. To avoid this irregularity a fictitious Sun, called the MEAN SUN, is supposed to move in the equator with a uniform velocity, at times in advance or behind the True Sun, the greatest deviation being about 16 minutes. The difference between Solar and Mean Time is called the Equation of Time. To ascertain Sun Time add to or subtract from Sun Rising the figures in column Sun Fast or Slow. Clocks and chronometers used by navigators are regulated to Mean Solar Time.

THE CALCULATIONS OF THIS ALMANAC ARE GIVEN IN MEAN SOLAR TIME

ECLIPSES FOR THE YEAR 1906

In the year 1906 there will be FIVE Eclipses—Three of the Sun and Two of the Moon :

I.—A Total Eclipse of the Moon, February 8–9. Visible to North and South America, and in part to the western portions of Europe and Africa, and the eastern portions of Asia and Australia. Occurring as follows :

	SAN FRANCISCO
Moon enters Penumbra,.....	8 d. 8 h. 45 m. A.
Moon enters Shadow,.....	8 d. 9 h. 48 m. A.
Total Eclipse begins,.....	8 d. 10 h. 49 m. A.
Middle of Eclipse,.....	8 d. 11 h. 38 m. A.
Total Eclipse ends,.....	9 d. 0 h. 27 m. M.
Moon leaves Shadow.	9 d. 1 h. 28 m. M.
Moon leaves Penumbra,.....	9 d. 2 h. 31 m. M.

First contact of shadow, 96 degrees from the north point of the Moon's limb toward the East. Magnitude of Eclipse, = 1.631. (Moon's diameter, = 1.)

II.—A Partial Eclipse of the Sun, February 23. Invisible. Visible to the southern edge of Australia and the Antarctic Ocean.

III.—A Partial Eclipse of the Sun, July 21. Invisible. Visible to the South Atlantic Ocean.

IV.—A Total Eclipse of the Moon, August 4. Visible to Australia, and in part to the central and western portions of North America, the western coast of South America, and the greater part of Asia. Occurring as follows :

	SAN FRANCISCO.
Moon enters Penumbra,.....	2 h. 3 m. M.
Moon enters Shadow, ...	3 h. 1 m. M.
Total Eclipse begins,.....	4. h. 0 m. M.
Middle of Eclipse,.....	4 h. 51 m. M.

First contact of Shadow, 82 degrees from the north point of the Moon's limb toward the East. Magnitude of Eclipse, = 1.786. (Moon's diameter, = 1.)

V.—A Partial Eclipse of the Sun, August 19–20. Invisible. Visible to the north-west corner of the United States, the western half of the Dominion of Canada, Alaska, and the Arctic regions.

THE SEASONS. (San Francisco Time.)

Vernal Equinox, ...	Spring begins, ...	March	21 d.	4 h. 44 m.	A. M.
Summer Solstice, ...	Summer "	June	22 d.	0 h. 32 m.	A. M.
Autumnal Equinox, ...	Autumn "	Septemb.	23 d.	3 h. 6 m.	P. M.
Winter Solstice, ...	Winter "	Decemb.	22 d.	9 h. 44 m.	A. M.

MORNING AND EVENING STARS, 1906.

Mercury will be Morning Star about January 4, May 2, August 29, and December 18 ; and Evening Star about March 18, July 15 and November 9.

Venus will be Morning Star till February 14 ; then Evening Star till November 29 ; and then Morning Star again the rest of the year.

Jupiter will be Evening Star till June 10 ; then Morning Star till December 28 ; and then Evening Star again the rest of the year.

Resolve on New Years to recover Health and Strength by using HOSTETTER'S STOMACH BITTERS The Great Tonic.

MOON'S PHASES.

SAN FRANCISCO.

		D.	H.	M.	
☽	First Quarter	2	6	43	Morning.
○	Full Moon	10	8	28	Morning.
☾	Last Quarter	17	0	40	Evening.
●	New Moon	24	9	0	Morning.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Slow M.	Sun Slow S.	Sun Ris. H.	Sun Ris. M.	Sun Sets. H.	Sun Sets. M.	Moon Sets. H.	Moon Sets. M.	Moon South H.	Moon South M.	High Water. Morn. H.	High Water. Morn. M.	High Water. Even. H.	High Water. Even. M.
1	Mo	Specie Payment resumed, 1879		3	37	7	16	4	51	11	50	5	40	5	30 *s*	5	6 *l*
2	Tu	Georgia ratified Constitut'n 1788		4	5	7	16	4	52	Mor.		6	22	6	13 *l*	6	8 *s*
3	We	Battle of Princeton, 1777		4	32	7	16	4	53	0	46	7	4	6	59 *l*	7	17 *s*
4	Th	Death of Rachel, 1858		5	0	7	17	4	53	1	42	7	48	7	34 *l*	8	24 *s*
5	Fr	Richmond burned, 1786		5	27	7	17	4	54	2	37	8	32	8	10 *l*	9	36 *s*
6	Sa	First Telegraph, 1844		5	53	7	17	4	55	3	33	9	18	8	41 *l*	10	41 *s*
		1.) 1st Sunday after Epiphany. Luke 2. **Day's length, 9 h. 39 m.**															
7	S	Theo. Durrant hung, 1898		6	20	7	17	4	56	4	28	10	6	9	8 *l*	11	34 *s*
8	Mo	Battle of New Orleans, 1815		6	45	7	16	4	57	5	22	10	56	9	37 *l*	.....	
9	Tu	Independence of Mexico, 1825		7	11	7	16	4	58	†6	14	11	48	0	31 *s*	10	2 *l**
10	We	Frank Leslie died, 1880		7	35	7	16	4	59	Ris.		Mor.		1	2 *s*	10	40 *l**
11	Th	Alabama secedes, 1861		7	59	7	16	5	0	6	22	0	40	1	38 *s*	11	28 *l**
12	Fr	Seward's Great Speech, 1861		8	23	7	16	5	1	7	24	1	33	2	16 *s*	0	17 *l*
13	Sa	Slavery abolished in Mexico, '25		8	46	7	15	5	2	8	27	2	24	2	51 *s*	1	9 *l*
		2.) 2d Sunday after Epiphany. John 2. **Day's length, 9 h. 48 m.**															
14	S	Cardinal Manning died, 1892		9	8	7	15	5	3	9	33	3	15	3	23 *s*	2	8 *l*
15	Mo	Frigate President captured, 1815		9	30	7	15	5	4	10	39	4	6	3	58 *s*	3	19 *l*
16	Tu	Edmund Spenser died, 1599		9	51	7	15	5	5	11	46	4	56	4	43 *l*	4	43 *s*
17	We	Schuyler Colfax died, 1885		10	11	7	14	5	6	Mor.		5	47	5	25 *l*	6	4 *s*
18	Th	Abram S. Hewitt died, 1903		10	30	7	14	5	7	0	53	6	39	6	14 *l*	7	25 *s*
19	Fr	N. G. Gonzoles assassinated, '03		10	49	7	13	5	8	2	0	7	33	6	59 *l*	8	47 *s*
20	Sa	King Kalakua died, 1881		11	7	7	13	5	9	3	8	8	22	7	47 *l*	10	3 *s*
		3.) 3d Sunday after Epiphany. Matt. 8. **Day's length, 9 h. 58 m.**															
21	S	J. C. Breckenridge born, 1821		11	25	7	12	5	10	4	13	9	25	8	37 *l*	11	11 *s*
22	Mo	Isaac Pitman died, 1897		11	41	7	12	5	11	5	15	10	24	9	17 *l*	.....	
23	Tu	Reign of Terror in France, 1793		11	58	7	11	5	12	6	14	11	22	0	4 *s*	10	6 *l**
24	We	Alaskan Treaty signed. 1903		12	13	7	11	5	13	Sets		ev.	18	0	47 *s*	10	59 *l**
25	Th	Anne Boleyn married, 1533		12	27	7	10	5	14	6	36	1	11	1	28 *s*	11	54 *l**
26	Fr	Gen. Gordon killed, 1885		12	41	7	9	5	15	7	33	2	1	2	4 *s*	0	50 *l*
27	Sa	John J. Audubon died, 1851		12	54	7	9	5	16	8	38	2	49	2	34 *s*	1	44 *l*
		4.) 4th Sunday after Epiphany. Matt. 8. **Day's length, 10 h. 10 m.**															
28	S	Charlemagne died, 814		13	5	7	8	5	18	9	36	3	33	3	3 *s*	2	39 *l*
29	Mo	Wm. Windom died, 1891		13	16	7	8	5	19	10	33	4	16	3	33 *l*	3	28 *s*
30	Tu	Chas. Bradlaugh died, 1891		13	26	7	7	5	20	11	30	4	59	4	20 *l*	4	38 *s*
31	We	Corn Laws abolished, 1849		13	36	7	6	5	21	Mor.		5	42	5	0 *l*	5	50 *s*

Note.—The Tides for San Francisco are very irregular in height and interval. The asterisk (*) denotes the second morning tide, and the obelisk (†) the first afternoon tide. The letter (*l*) denotes the larger tide for the day, and the letter (*s*) the smaller one.

EARLY SUCCESS AND PRESENT STATUS

OF THE RENOWNED

HOSTETTER'S STOMACH BITTERS

ON THE PACIFIC COAST.

A REMEDY WITH A PROUD AND ENDURING RECORD.

PERHAPS no region on the globe can furnish such phenomenal instances of swift and stupendous good fortune, of transition from poverty to untold wealth, as the mining States of the Pacific. The spectacle of the struggling miner of yesterday transmuted into the millionaire of to-day would be sufficiently startling elsewhere, but we, on this Coast, are used to such, and it is hard to astonish us.

Among instances of sudden success and rapid growth with which the annals of this and sister States teem, the leap into popularity of **Hostetter's Stomach Bitters** is conspicuous. Sent to the diggings at the outbreak of the gold "fever," in a small consignment, it achieved immediate and unbounded popularity. So great became the demand, that facilities for transportation across the isthmus being inadequate, it was often difficult to obtain. But this was eventually overcome, the camps were fully supplied, depots and agencies were established, from which the entire mining population of the Pacific slope obtained our preparation.

The Bitters proving speedily beneficial for the disorders which were constantly thinning the ranks of the gold seekers, was immediately adopted as the favorite remedy, and probably few Californians of the '49 era have forgotten what a reputation the medicine then acquired, and how worthily its popularity was won.

At the present time it may well be doubted whether any tonic, alterative and medicinal stimulant is as well known and as highly esteemed west of the Rocky Mountains as Hostetter's Stomach Bitters. Its special adaptation to family use, its freedom from objectionable constituents, the purity of its spirituous basis, and its remedial and preventive efficacy, are facts which it would be idle to gainsay in this community, acquainted with its excellence when California was a region of whose vast general resources and illimitable mineral wealth, comparatively little was known, whose sole industry was that of mining, and of whose mighty capabilities of commercial and agricultural development the most sanguine never dreamed. We doubt if this edition of the Almanac will meet the eye of any native born denizen of the Pacific States who has not heard, and that favorably, of Hostetter's Stomach Bitters. It was and is the pioneer remedy of the Pacific coast and the regions dependent upon it for supplies.

For Over Fifty Years
HOSTETTER'S
STOMACH BITTERS
has Filtered
All Impurities from
The Blood,
And Imparted Health.

MOON'S PHASES.

	D.	H.	M.	
First Quarter	1	4	22	Morning.
Full Moon	8	11	37	Evening.
Last Quarter	15	8	13	Evening.
New Moon	22	11	48	Evening.

SAN FRANCISCO.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Slow M. S.	Sun Ris. H. M.	Sun Sets. H. M.	Moon Sets. H. M.	Moon South H. M.	High Water. Morn. H. M.	High Water. Even. H. M.
1	Th	Sir Edward Coke born, 1552		13 45	7 5	5 22	0 26	6 26	5 38 *l*	7 4 *s*
2	Fr	Richard H. Dana died, 1879		13 52	7 5	5 24	1 21	7 11	6 13 *l*	8 13 *s*
3	Sa	F. W. Robertson born, 1816		13 59	7 4	5 25	2 16	7 57	6 51 *l*	9 17 *s*
		5.) 5th Sunday after Epiphany. Matt. 13. **Day's length, 10 h. 23 m.**								
4	S	Battle of Moorefield, 1864		14 6	7 3	5 26	3 11	8 46	7 33 *l*	10 27 *s*
5	Mo	Massachusetts ratif. Const., 1788		14 11	7 2	5 27	4 4	9 37	8 10 *l*	11 10 *s*
6	Tu	Ft. Henry captured, 1862		14 15	7 1	5 28	4 56	10 30	8 55 *l*	11 53 *s*
7	We	Fire in Baltimore, 1904		14 18	7 0	5 29	5 47	11 23	9 40 *l*	.....
8	Th	New Prussian Constitution, 1847		14 21	6 59	5 30	6 32	Mor.	0 28 *s*	10 25 *s*
9	Fr	Gen. Hancock died, 1886		14 23	6 58	5 31	Ris.	0 16	0 59 *s*	11 26 *l*
10	Sa	Reverdy Johnson died, 1876		14 24	6 57	5 32	7 22	1 9	1 40 *s*	0 20 *l*
		6.) Septuagesima Sunday. Matt. 20. **Day's length, 10 h. 37 m.**								
11	S	P. McGiffen com. suicide, 1897		14 25	6 56	5 33	8 29	2 1	2 10 *s*	1 15 *l*
12	Mo	Dr. J. M. L. Curry died, 1903		14 25	6 54	5 35	9 36	2 52	2 39 *l*	2 20 *s*
13	Tu	William & Mary proclaimed, 1689		14 24	6 53	5 36	10 45	3 44	3 2 *l*	3 29 *s*
14	We	Gen. Sherman died, 1891		14 22	6 52	5 37	11 53	4 36	3 39 *l*	4 52 *s*
15	Th	Senator Hanna died, 1904		14 20	6 51	5 38	Mor.	5 29	4 26 *l*	6 17 *s*
16	Fr	Steamer Independence lost, 1853		14 16	6 50	5 39	1 1	6 24	5 17 *l*	7 37 *s*
17	Sa	Thiers elected President, 1871		14 12	6 48	5 40	2 6	7 19	6 11 *l*	8 58 *s*
		7.) Sexagesima Sunday. Luke 8. **Day's length, 10 h. 54 m.**								
18	S	Charleston captured, 1865		14 7	6 47	5 41	3 8	8 16	7 4 *l*	10 7 *s*
19	Mo	Aaron Burr arrested, 1807		14 2	6 46	5 42	4 6	9 13	8 7 *l*	11 2 *s*
20	Tu	David Garrick born, 1716		13 56	6 45	5 43	4 58	10 8	9 4 *l*	11 46 *s*
21	We	Washington Monument ded., '85		13 50	6 44	5 44	5 44	11 1	9 58 *l*	.....
22	Th	David II. of Scotland died, 1721		13 42	6 42	5 45	Sets	11 52	0 20 *s*	10 56 *l*
23	Fr	Hornet captured Penguin, 1815		13 35	6 41	5 46	6 24	ev.40	0 50 *s*	0 0 *l*
24	Sa	Revolution in Mexico, 1821		13 26	6 40	5 47	7 24	1 26	1 17 *s*	0 53 *l*
		8.) Quinquagesima Sunday. Luke 18. **Day's length, 11 h. 9 m.**								
25	S	First U. S. Bank chartered, 1791		13 17	6 39	5 48	8 21	2 10	1 41 *s*	1 38 *l*
26	Mo	Richard J. Gatling died, 1903		13 7	6 37	5 49	9 18	2 53	2 12 *l*	2 23 *s*
27	Tu	Tories defeated, N. Carol., 1778		12 57	6 36	5 50	10 15	3 36	2 49 *l*	3 7 *s*
28	We	Rachel born, 1820		12 46	6 34	5 51	11 11	4 20	3 16 *l*	4 6 *s*

SET yourself earnestly to see what you were made to do, and then set yourself earnestly to do it; and the loftier your purpose is, the more sure you will be to make the world richer with every enrichment of yourself.—PHILLIPS BROOKS.

WE often ask the question, "What good is there in winds?" regarding high ones as enemies. The high wind makes the trees sway back and forth. This action pumps the sap from the roots of the tree to the topmost limits.

This medicine has become a household remedy with the American people. The tens of thousands who, through the last half century, have been relieved and cured, after other means had failed, are a standing testimonial to its merit. For all cases involving the assimilative and digestive functions, it is an ever ready help, restoring the stomach, liver and bowels to their natural health, and relieving permanently those symptoms and affections which ripen into confirmed invalidism if not taken in time and nipped in the bud.

THE WORLD'S COMMERCIAL DEVELOPMENT DURING 98 YEARS OF THE NINETEENTH CENTURY.

Year	Population.	Circulation of Money.	Per Capita.	Cotton Production.	Coal Production.	Pig Iron.	Gold Production.
		Dollars.	Dolls.	Pounds.	Tons.	Tons.	Dollars.
1800	640,000,000	1,479,000,000	$2.31	520,000,000	11,600,000	460,000	128,464,000
1820	780, "	1,659, "	2.13	630, "	17,200,000	1,010,000	76,063,000
1830	847, "	1,981, "	2.34	820, "	25,100,000	1,585,000	94,419,000
1840	950, "	2,789, "	2.93	1,310, "	44,800,000	2,680,000	134,841,000
1850	1,075, "	4,049, "	3.76	1,435, "	81,400,000	4,422,000	363,928,000
1860	1,205, "	7,246, "	6.01	2,551, "	142,300,000	7,180,000	1,333,981,000
1870	1,310, "	10,663, "	8.14	2,775, "	213,400,000	11,910,000	1,263,015,000
1880	1,439, "	14,761, "	10.26	3,601, "	340,000,000	18,140,000	1,150,814,000
1890	1,488 "	17,519, "	11.80	5 600, "	466, "	25,160,000	1 060,052,000
1898	1,500, "	19,519. "	13.27	5,900, "	610, "	37,150,000	1,960,000,000
	Doubled 2½ times, or every 39 years.	Doubled 13 times, or every 7½ years.	Dbl'd 5⅔ ti. every 17 yrs.	Doubled 11⅓ times or every 8⅔ years.	Doubled 52½ times or every 1¾ years.	Doubled 81 times or every 1.7 years	Doubled 15 times or every 6½ years.

SMILE, once in a while,
'T will make your heart seem lighter,
Smile, once in a while,
'T will make your pathway brighter.
Life's a mirror, if we smile
Smiles come back to greet us;
If we're frowning all the while
Frowns forever meet us.

IMAGINATION.—Dr. Durand, wishing to test the effects of the imagination on health and disease, experimented on a hundred patients, to whom he gave a dose of sweetened water. Fifteen minutes after he entered, apparently in great excitement, and announced that he had made a mistake, having administered a powerful emetic, and he directed that preparations should be made accordingly. Eighty out of the hundred patients were thoroughly ill, and exhibited the usual results of an emetic.

THE Bureau of Labor has issued a bulletin on the cost of living of workingmen's families, showing that of 2,567 families in thirty-three states, from whom data was obtained, the average income per family was $827.19; average expenditure for all purposes, $768.54; average expenditure per family for food, $326.90, and the average size of family, 5.31 persons.

ONE gallon of fresh water weighs 8⅓ lbs. One cubic foot of water contains 7.4805 gallons and weighs 62.37907 pounds. For convenience of computation, a cubic foot of water contains 7½ gallons, and its weight is taken at 1000 ounces, or 62½ pounds avoirdupois.

THE number of murders per million inhabitants is, in England, 5.13; in Germany, 5.45; in France, 11.55; in Austria, 15.42; in Italy, 76.11, and in Spain, 44.70.

Malaria is Perilous to Health.
HOSTETTER'S STOMACH BITTERS banishes Chills & Fever, Ague and Pneumonia.

MOON'S PHASES. — **SAN FRANCISCO.**

		D.	H.	M.	
☽	First Quarter	3	1	19	Morning.
○	Full Moon	10	0	8	Evening.
☾	Last Quarter	17	3	48	Morning.
●	New Moon	24	3	43	Evening.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Slow M.	Sun Slow S.	Sun Ris. H.	Sun Ris. M.	Sun Sets. H.	Sun Sets. M.	Moon Sets. H.	Moon Sets. M.	Moon South H.	Moon South M.	High Water. Morn. H.	High Water. Morn. M.	High Water. Even. H.	High Water. Even. M.
1	Th	Japan adop. Gold Standard, '97	♑	12	34	6	33	5	52	Mor.		5	4	3	53 *l*	5	19 *s*
2	Fr	Lord Mansfield born, 1705	♑	12	22	6	32	5	53	0	6	5	49	4	32 *l*	6	32 *s*
3	Sa	Florida admitted, 1845	♒	12	10	6	30	5	54	1	0	6	36	5	12 *l*	7	38 *s*
		9.) 1st Sunday in Lent.		Matt. 4.						**Day's length, 11 h. 27 m.**							
4	S	McKinley inaugurated, 1897	♒	11	57	6	29	5	56	1	53	7	25	5	55 *l*	8	49 *s*
5	Mo	James Madison born, 1751	♒	11	44	6	27	5	57	2	45	8	17	6	41 *l*	9	41 *s*
6	Tu	Battle of Pea Ridge, 1862	♓	11	30	6	26	5	58	3	36	9	9	7	38 *l*	10	36 *s*
7	We	Elihu Burritt died, 1879	♓	11	16	6	24	5	59	4	23	10	2	8	31 *l*	11	19 *s*
8	Th	Mrs. Beecher died, 1897	♓	11	1	6	23	6	0	5	7	10	55	9	23 *l*	11	57 *s*
9	Fr	Napoleon I. married, 1796	♈	10	46	6	21	6	1	5	48	11	48	10	11 *l*		.....
10	Sa	Alexander Clark born, 1834	♈	10	31	6	20	6	2	Ris.		Mor.		0	25 *s*	11	3 *l**
		10.) 2d Sunday in Lent.		Matt. 15.						**Day's length, 11 h. 45 m.**							
11	S	Cuba ratifies Treaty, 1903	♈	10	15	6	18	6	3	7	21	0	42	0	53 *s*	0	12 *l*
12	Mo	Flood in Hungary, 1879	♈	9	59	6	17	6	4	8	32	1	35	1	36 *l*	1	15 *s*
13	Tu	Steamer President lost, 1841	♉	9	42	6	15	6	5	9	41	2	28	1	57 *l*	2	14 *s*
14	We	Italians lynched at N. O., 1891	♉	9	26	6	14	6	5	10	50	3	23	2	24 *l*	3	24 *s*
15	Th	Fire at Valparaiso, 1843	♉	9	9	6	12	6	6	11	57	4	18	2	58 *l*	4	45 *s*
16	Fr	Nero died, 37	♊	8	52	6	11	6	7	Mor.		5	15	3	45 *l*	6	12 *s*
17	Sa	St. Patrick's Day	♊	8	35	6	9	6	8	1	1	6	12	4	46 *l*	7	37 *s*
		11.) 3d Sunday in Lent.		Luke 11.						**Day's length, 12 h. 1 m.**							
18	S	Lawrence Sterne died, 1768	♊	8	17	6	8	6	9	2	1	7	8	5	43 *l*	8	47 *s*
19	Mo	Livingstone born, 1813	♊	7	59	6	6	6	10	2	56	8	4	6	47 *l*	9	52 *s*
20	Tu	Lawrence Barrett died, 1891	♋	7	42	6	5	6	11	3	43	8	56	7	54 *l*	10	41 *s*
21	We	Crete blockaded, 1897	♋	7	24	6	3	6	12	4	23	9	47	8	53 *l*	11	21 *s*
22	Th	Dean Farrar died, 1903	♋	7	6	6	1	6	13	5	0	10	35	9	47 *l*	11	50 *s*
23	Fr	La Place born, 1749	♌	6	48	6	0	6	14	5	33	11	22	10	36 *l*		.....
24	Sa	Queen Elizabeth died, 1603	♌	6	29	5	58	6	15	Sets		Ev	6	0	13 *s*	11	31 *l**
		12.) 4th Sunday in Lent.		John 6.						**Day's length, 12 h. 19 m.**							
25	S	Boston Port Bill, 1774	♌	6	11	5	57	6	16	7	9	0	49	0	37 *l*	0	32 *s*
26	Mo	Bank of England incorp., 1694	♍	5	53	5	55	6	17	8	5	1	32	1	6 *l*	1	24 *s*
27	Tu	Florida discovered, 1512	♍	5	34	5	54	6	18	9	0	2	15	1	25 *l*	2	15 *s*
28	We	Capture of Essex, 1814	♍	5	16	5	52	6	19	9	56	2	53	1	43 *l*	3	9 *s*
29	Th	Napoleon abol. Slavery, 1815	♎	4	58	5	51	6	19	10	51	3	44	2	4 *l*	4	4 *s*
30	Fr	Alaska purchased, 1867	♎	4	40	5	49	6	20	11	45	4	30	2	34 *l*	5	0 *s*
31	Sa	Hayden born, 1732	♎	4	21	5	48	6	21	Mor.		5	18	3	18 *l*	6	12 *s*

A RAINDROP one twenty-fifth of an inch in diameter cannot fall at any greater speed than 13 feet in a second. Raindrops rarely exceed one-eighth of an inch in diameter.

THE human race is divided into two classes —those who go ahead and do something, and those who sit and inquire, "Why wasn't it done the other way."—O. W. HOLMES.

A SOFT ANSWER.

Waiter, this steak's very small?
Yes sir, but it'll take you a long time to eat it.

From THE MCFARLAND DRUG CO., Dallas, Texas, January 12, 1904:

Gentlemen—We have been selling Hostetter's Stomach Bitters for fourteen years in Dallas, Texas, during which time we have noticed that it is the better class of people who use and rely on its merits. It is our experience that we find a great many charming women of advanced years, and the better class of well posted business men buying this preparation. We have asked many why they prefer this, and the answer is, it keeps my blood pure, my digestion active and my bowels regular. What more could they ask?

A FRENCH HEALTH DECALOGUE.

1. Rise early, retire early, and fill your day with work.

2. Water and bread maintain life; pure air and sunshine are indispensable to health.

3. Frugality and sobriety form the best elixir of longevity.

4. Cleanliness prevents rust; the best cared for machinery lasts the longest.

5. Enough sleep repairs waste and strengthens; too much sleep softens and enfeebles.

6. To be sensibly dressed is to give freedom to one's movements, and enough warmth to be protected from sudden changes of temperature.

7. A clean and cheerful house makes a happy home.

8. The mind is refreshed and invigorated by distractions and amusements, but abuse of them leads to dissipation, and dissipation to vice.

9. Cheerfulness makes love of life, and love of life is half of health. On the contrary, sadness and discouragement hasten old age.

10. Do you gain your living by your intellect? Then do not allow your arms and legs to grow stiff. Do you earn your bread by your pickaxe? Do not forget to cultivate your mind and to enlarge your thought.

From HARRY A. WAGNER, No. 4237 Fulton Street, Brooklyn, N. Y., Dec. 20, 1903:

I suffered very much from stomach troubles, but after using Hostetter's Stomach Bitters I am now entirely well. Have used your Bitters many years, and find none better.

Your Grandfather in his day used HOSTETTER'S STOMACH BITTERS to cleanse the System of all Winter debris.

MOON'S PHASES.

	D.	H.	M.	
First Quarter	1	7	53	Evening.
Full Moon	8	10	3	Evening.
Last Quarter	15	0	27	Evening.
New Moon	23	7	57	Morning.

SAN FRANCISCO.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Slow M. S.	Sun Ris. H. M.	Sun Sets. H. M.	Moon Sets. H. M.	Moon South H. M.	High Water. Morn. H. M.	High Water. Even. H. M.
		13.) 5th Sunday in Lent.	John 8.	**Day's length, 12 h. 36 m.**						
1	S	Aspinwall burned, 1885		4 3	5 46	6 22	0 36	6 7	4 6 *l*	7 6 *s*
2	Mo	Gen. Albert Pike died, 1891		3 45	5 45	6 23	1 26	6 57	5 4 *l*	8 2 *s*
3	Tu	Washington Irving born, 1783		3 27	5 43	6 24	2 13	7 49	6 6 *l*	8 54 *s*
4	We	Madame J. Bonaparte died, 1879		3 9	5 42	6 25	2 57	8 41	7 12 *l*	9 46 *s*
5	Th	British Museum organized, 1753		2 51	5 40	6 26	3 39	9 33	8 16 *l*	10 30 *s*
6	Fr	Death of Richard I., 1199		2 34	5 39	6 27	4 18	10 26	9 15 *l*	11 5 *s*
7	Sa	P. T. Barnum died, 1891		2 16	5 37	6 28	4 56	11 19	10 11 *l*	11 35 *s*
		14.) Palm Sunday.	Matt. 27.	**Day's length, 12 h. 52 m.**						
8	S	Petrarch honored, 1341		1 59	5 36	6 28	5 33	Mor.	11 4 *s*	11 57 *l*
9	Mo	David Rizzio killed, 1566		1 42	5 34	6 29	Ris.	0 13	.....	0 17 *s*
10	Tu	Senator Voorhees died, 1897		1 26	5 33	6 30	8 31	1 9	0 27 *l*	1 28 *s*
11	We	J. D. Fish convicted, 1885		1 9	5 32	6 31	9 44	2 6	1 2 *l*	2 31 *s*
12	Th	Fort Pillow taken, 1864		0 53	5 30	6 32	10 51	3 4	1 31 *l*	3 35 *s*
13	Fr	Strafford born, 1593		0 37	5 29	6 33	11 54	4 3	2 9 *l*	4 54 *s*
14	Sa	Lincoln assassinated, 1865		0 22	5 27	6 34	Mor.	5 2	3 0 *l*	6 12 *s*
		15.) Easter Sunday.	John 20.	**Day's length, 13 h. 9 m.**						
15	S	Johnson's Dictionary pub., 1755		0 6	5 26	6 35	0 52	5 59	4 12 *l*	7 24 *s*
16	Mo	John Franklin born, 1785		fast	5 25	6 36	1 42	6 54	5 26 *l*	8 25 *s*
17	Tu	Sanford C. Hill died, 1871		0 23	5 23	6 37	2 25	7 45	6 37 *l*	9 19 *s*
18	We	Livingstone buried, 1874		0 37	5 22	6 37	3 2	8 34	7 45 *l*	10 3 *s*
19	Th	Melanchthon died, 1560		0 50	5 20	6 38	3 37	9 20	8 49 *l*	10 35 *s*
20	Fr	Londonderry invaded, 1689		1 4	5 19	6 39	4 9	10 4	9 45 *l*	11 0 *s*
21	Sa	Wordsworth died, 1850		1 16	5 18	6 40	4 39	10 47	10 36 *s*	11 29 *l*
		16.) Low Sunday.	John 20.	**Day's length, 13 h. 25 m.**						
22	S	Accession Henry VIII., 1509		1 28	5 16	6 41	5 9	11 29	11 24 *s*	11 44 *l*
23	Mo	Shakespeare died, 1616		1 40	5 15	6 42	Sets	ev.12	.....	0 22 *s*
24	Tu	Count Von Moltke died, 1891		1 51	5 13	6 43	7 50	0 56	0 5 *l*	1 31 *s*
25	We	Robinson Crusoe died, 1731		2 2	5 12	6 44	8 45	1 41	0 22 *l*	2 22 *s*
26	Th	Gen. Johnston surrendered, '65		2 12	5 11	6 45	9 39	2 26	0 41 *l*	3 7 *s*
27	Fr	Edward Gibbon died, 1737		2 22	5 10	6 46	10 31	3 13	1 5 *l*	3 59 *s*
28	Sa	Maryland rat. Constitution, 1788		2 32	5 8	6 46	11 23	4 1	1 34 *l*	4 34 *s*
		17.) 2d Sunday after Easter.	John 10.	**Day's length, 13 h. 40 m.**						
29	S	Crimean War ends, 1856		2 41	5 7	6 47	Mor.	4 51	2 24 *l*	5 22 *s*
30	Mo	St. Louis Fair dedicated, 1903		2 49	5 6	6 48	0 10	5 41	3 29 *l*	6 17 *s*

THE STOMACH THE MOTOR.

WHEN we take a calm survey of history we are amazed at the trifling circumstances which have caused the rise and fall of famous men, and have changed the destiny of nations. On the eve of an important event one man has ruined his hopes by a night's debauch, another has temporarily paralyzed his powers by an inordinate feast, and we all more or less follow these examples. We fail to guard the fortress of our health at its weakest point. The human machine, "so fearfully and wonderfully made," is like any man-made contrivance, just as strong as its weakest part, and he who fails to regard that infirmity will meet with many disappointments in life.

The stomach is the master motor of the whole system. Often through mistaken parental kindness it is so pampered in childhood, that when we come to man's estate we have a struggle to keep it in working order. As from its operations are distilled the life-giving blood, it behooves us to see that its purity is not retarded by disease or indiscretion.

Those who feel the need of an invigorant in this spring season will find a safe and tried remedy in **Hostetter's Stomach Bitters.** It has long been the favorite tonic of the American people. It gently but effectually removes any obstructions from the stomach and alimentary canal, tones and stimulates the liver, and brings all the various functions of the interior man into harmonious exercise, restoring mind and body to wonted health. For constipation, biliousness, and the many ills flowing from a misdirection of the vital fluids, it gives immediate and permanent relief. With appetite and digestion absorbing all the aliment from our food, the entire man is refreshed and renewed, ready to share with zest in all the activities of life. Try it and be convinced.

He prayeth best who leaves unguessed
The mystery of another's breast.
Why cheeks grow pale, why eyes o'erflow,
Or heads are white, thou needst not know,
Enough to note, by many a sign,
That every heart hath needs like thine.

Protection Against Sunstroke.—Dr. Andrew Duncan tells of having read many years ago of the experience of a gentleman who traveled in India regarding protection from sunstroke. He had suffered from this several times. Reasoning from the fact that no one gets heatstroke from the great heat of furnaces in an arsenal, he came to the conclusion that the heat rays of the sun were not the cause of the trouble, but the actinic rays. Hence he treated his body like a photographer treats his plates, and enveloped it in orange, using always an orange-yellow shirt, and lining his coat and hat with flannel of the same color. During five years of extreme exposure subsequently he suffered from no bad effects of the sun.

Preserving Cut Flowers.—The usual method of preserving cut flowers in a condition of freshness is to dissolve small amounts of ammonium chloride, potassium nitrate, sodium carbonate, or camphor in the water into which the stems are inserted. The presence of one or other of these drugs keeps the flowers from losing their turgidity by stimulating the cells to action and by opposing germ growth. Flowers that have already wilted are said to quickly revive if the stems are inserted in a weak camphor water.

The superior mightiness of the pen or the sword depends altogether upon the hand that wields them.

Care of Health, Especially in Vacation Is a Prime Duty.
HOSTETTER'S STOMACH BITTERS
Will Protect you From Illness Abroad.

MOON'S PHASES. — **SAN FRANCISCO.**

	D.	H.	M.	
First Quarter	1	10	58	Morning.
Full Moon	8	6	1	Morning.
Last Quarter	14	10	54	Evening.
New Moon	22	11	51	Evening.
First Quarter	30	10	15	Evening.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Fast M.	Sun Ris. H.	Sun Ris. M.	Sun Sets. H.	Sun Sets. M.	Moon Sets. H.	Moon Sets. M.	Moon South. H.	Moon South. M.	High Water. Morn. H.	High Water. Morn. M.	High Water. Even. H.	High Water. Even. M.
1	Tu	Tennessee Centennial open'd,'97		2	57	5	5	6	49	0	54	6	31	4	38 *l*	7	12 *s*
2	We	Charles Sumner assaulted, 1856		3	5	5	4	6	50	1	34	7	21	5	45 *l*	7	59 *s*
3	Th	Thomas Hood died, 1845		3	12	5	3	6	51	2	13	8	12	6	56 *l*	8	46 *s*
4	Fr	Horace Mann born, 1796		3	18	5	2	6	52	2	50	9	4	8	7 *l*	9	31 *s*
5	Sa	Arbitration Treaty rejected, '97		3	24	5	1	6	53	3	26	9	57	9	13 *s*	10	1 *l*
		18.) 3d Sunday after Easter. John 16. **Day's length, 13 h. 54 m.**															
6	S	Steamer Itata seized, 1891		3	30	5	0	6	54	4	3	10	51	10	21 *s*	10	31 *l*
7	Mo	Lord Brougham died, 1868		3	34	4	59	6	55	4	41	11	47	11	20 *s*	10	54 *l*
8	Tu	Madame Blavatsky died, 1891		3	38	4	57	6	55	Ris.		Mor.		0	22† *s*	11	22 *l*
9	We	John Brown born, 1800		3	41	4	56	6	56	8	33	0	47	.....		1	35 *s*
10	Th	Tichbourne Trial began, 1871		3	44	4	55	6	57	9	40	1	48	0	9 *l*	2	43 *s*
11	Fr	Santa Anna president, 1833		3	47	4	54	6	58	10	43	2	49	0	49 *l*	3	38 *s*
12	Sa	R. U. Stoddard died, 1903		3	49	4	53	6	59	11	38	3	48	1	38 *l*	4	38 *s*
		19.) 4th Sunday after Easter. John 16. **Day's length, 14 h. 7 m.**															
13	S	Baltimore occupied, 1861		3	50	4	53	7	0	Mor.		4	46	2	40 *l*	5	46 *s*
14	Mo	Henry IV. killed, 1610		3	51	4	52	7	1	0	24	5	40	3	58 *l*	6	48 *s*
15	Tu	Maximilian surrendered, 1867		3	51	4	51	7	2	1	5	6	31	5	14 *l*	7	39 *s*
16	We	William H. Seward born, 1801		3	50	4	50	7	3	1	40	7	19	6	25 *l*	8	26 *s*
17	Th	Dr. Jenner born, 1749		3	49	4	49	7	4	2	12	8	3	7	36 *l*	9	4 *s*
18	Fr	Marquette died, 1675		3	48	4	49	7	4	2	42	8	46	8	40 *l*	9	35 *s*
19	Sa	Revolution begun, 1775*		3	46	4	48	7	5	3	12	9	29	9	27 *s*	10	25 *l*
		20.) Rogation Sunday. John 16. **Day's length, 14 h. 19 m.**															
20	S	John Stuart Mill born, 1806		3	43	4	47	7	6	3	41	10	11	10	14 *s*	10	45 *l*
21	Mo	Maria Edgeworth died, 1849		3	39	4	46	7	7	4	11	10	55	11	3 *s*	11	3 *l*
22	Tu	Victor Hugo died, 1885		3	35	4	45	7	8	4	41	11	39	11	53 *s*	11	19 *l*
23	We	Capt. Kidd executed, 1701		3	30	4	45	7	8	Sets		Ev	24	0	45† *s*	11	39 *l*
24	Th	Paris Auto Race, 1903		3	25	4	44	7	9	8	29	1	11	.....		1	39 *s*
25	Fr	Battle of Dunlaven, 1798		3	20	4	43	7	10	9	20	1	59	0	4 *l*	2	35 *s*
26	Sa	Burns Riot, Boston, 1854		3	14	4	43	7	11	10	8	2	48	0	28 *l*	3	28 *s*
		21.) Sunday after Ascension. John 15–16. **Day's length, 14 h. 30 m.**															
27	S	King John crowned, 1190		3	8	4	42	7	12	10	53	3	37	1	7 *l*	4	5 *s*
28	Mo	Presbyterian Creed revised, 1903		3	1	4	42	7	12	11	34	4	27	1	57 *l*	4	45 *s*
29	Tu	Empress Josephine died, 1814		2	54	4	41	7	13	Mor.		5	16	3	3 *l*	5	37 *s*
30	We	Joan of Arc burned, 1431		2	46	4	41	7	14	0	13	6	5	4	13 *l*	6	27 *s*
31	Th	Charlotte Bronte died, 1855		2	38	4	41	7	15	0	49	6	55	5	25 *l*	7	15 *s*

A FRENCH lion-tamer quarreled with his wife, a powerful virago, and was chased by her all around his tent. On being sorely pressed he took refuge in the cage among the lions. "Oh, you contemptible coward!" she shouted, "come out if you dare!"

THE HEART THE DYNAMO OF LIFE.

A PROMINENT European traveler who recently visited this country, makes this significant statement: "I observe that the American people, with all their splendid qualities, have the unfortunate weakness of keeping too much under a high tension; that while more is perhaps accomplished in a shorter space of time, it is done at the expense of health and consequent length of life."

We have been living at this high pressure gait so long that heart disease is becoming alarmingly frequent and an almost hereditary malady. Children today are born with a nervous system inflamed by the feverish excitement of the parents' life, and if we would abate the evil, all our efforts should be directed toward cooling the blood and securing a normal pulse.

The heart is the centre from which the body derives all its energy. It is the dynamo or engine from which power is distributed. Let the heart cease its pulsations everything stops; the hand and the brain lose their cunning, the voice is hushed, and the daily task is laid aside unfinished.

Much of the trouble affecting the heart originates in the stomach. It is owing to the distension of that organ bearing upon the walls of the heart, from fermentation and indigestion. How important, then, to purge the stomach of this clogging matter, and renew the flow of the gastric juice, to assimilate the life-giving properties of our food. **Hostetter's Stomach Bitters** contains all the curative ingredients necessary to restore the system, and relieve the pressure upon the sympathetic organs. For this form of dyspepsia it has long been a favorite antidote, and with the coöperation of the patient, shunning such diet as is unfavorable to health, a new and firmer lease of life will be established.

EXPECTATION OF LIFE.

The following is one of the well authenticated tables in use, showing the average length of life at various ages. The first column represents the present ages of persons of average health, and the second column the number of years they will give us to live. This table has been the result of careful calculation, and seldom proves misleading:

Age.	More to live.	Age.	More to live.
1,	39	50,	21
10,	51	60,	14
20,	41	70,	9
30,	34	80,	4
40,	28		

IT will do no harm if American boys read this little story two or three times: While a youth of thirteen was playing with his fellows he ran against the stand of a poor, dilapidated apple man, and came very near tipping his treasures into the gutter. He instantly raised his hat, and politely asked pardon for the affront. When asked by his mates why he lifted his hat to a poor old apple man, he replied, "I didn't do it because the apple man was a gentleman, but rather because I am a gentleman."

REMOVING A FISH BONE.—Dr. Moses Wilson was called to a patient suffering greatly from the lodgement of a fish bone crosswise in the throat. The bone was too low to be reached by any forceps at hand and the author recalled a method of procedure told him by an old doctor who had been taught by a boy, namely, to tie a string in the eye of a smooth button and have the patient swallow the button, edgewise of course, and draw the button back by the string. This was done and the bone was promptly dislodged.

Spring and Summer debilitate Both Weak and Strong. HOSTETTER'S STOMACH BITTERS will aid you In Regaining Vitality.

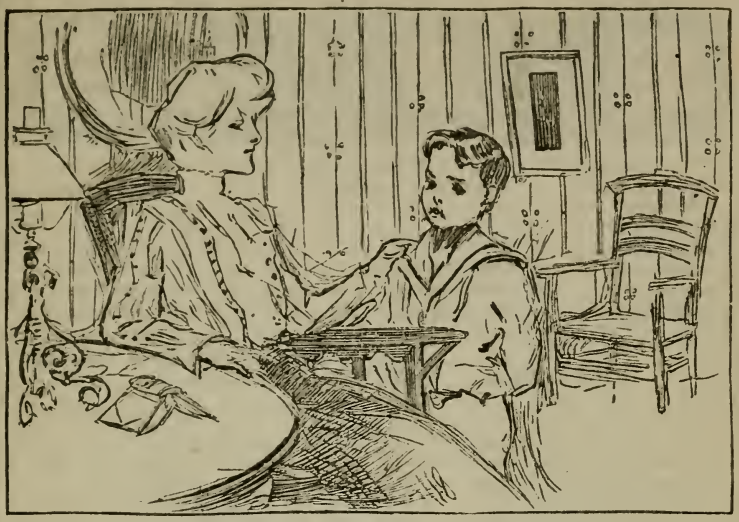
MOON'S PHASES.

	D.	H.	M.	
Full Moon	6	1	3	Evening.
Last Quarter	13	11	25	Morning.
New Moon	21	2	56	Evening.
First Quarter	29	6	10	Morning.

SAN FRANCISCO.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Fast M. S.	Sun Ris. H. M.	Sun Sets. H. M.	Moon Sets. H. M.	Moon South H. M.	High Water. Morn. H. M.	High Water. Even. H. M.
1	Fr	Baccarat Scandal, 1891		2 29	4 40	7 15	1 24	7 45	6 37 *l*	8 1 *s*
2	Sa	Bristow Secr. of Treasury, 1874		2 20	4 40	7 16	1 58	8 37	7 50 *s*	8 43 *l*
	22.)	**Pentecost—Whit Sunday.** John 14.					**Day's length, 14 h. 37 m.**			
3	S	Benjamin J. Lossing died, 1891		2 11	4 39	7 16	2 35	9 31	9 8 *s*	9 18 *l*
4	Mo	St. Paul's, London, burnt, 1561		2 1	4 39	7 17	3 14	10 27	10 15 *s*	9 49 *l*
5	Tu	Adam Smith born, 1723		1 51	4 39	7 18	3 56	11 27	11 19 *s*	10 19 *l*
6	We	Jeremy Bentham died, 1832		1 41	4 39	7 18	Ris.	Mor.	0 22 *s*	10 56 *l*
7	Th	Sir J. A. M'Donald died, 1891		1 30	4 38	7 19	8 25	0 29	1 33 *s*	11 39 *l*
8	Fr	Lincoln nominated, 1864		1 19	4 38	7 19	9 24	1 31	....	2 33 *s*
9	Sa	George Stephenson born, 1781		1 7	4 38	7 20	10 17	2 31	0 33 *l*	3 21 *s*
	23.)	**Trinity Sunday.** John 3.					**Day's length, 14 h. 42 m.**			
10	S	Battle of Big Bethel, 1861		0 55	4 38	7 20	11 2	3 29	1 23 *l*	4 14 *s*
11	Mo	Queen Draga assassinated, 1903		0 43	4 38	7 21	11 41	4 23	2 23 *l*	5 9 *s*
12	Tu	Earthquake in India, 1897		0 31	4 38	7 21	Mor.	5 14	3 35 *l*	6 5 *s*
13	We	Lee at Winchester, 1863		0 19	4 38	7 22	0 15	6 1	4 51 *l*	6 52 *s*
14	Th	Battle of Friedland, 1807		0 6	4 38	7 22	0 47	6 44	6 2 *l*	7 30 *s*
15	Fr	J. K. Emmett died, 1891		Slow	4 38	7 22	1 16	7 27	7 6 *s*	8 18 *l*
16	Sa	Great Solar Eclipse, 1806		0 19	4 38	7 23	1 45	8 10	8 8 *s*	8 51 *l*
	24.)	**1st Sunday after Trinity.** Luke 16.					**Day's length, 14 h. 45 m.**			
17	S	Peace Jubilee, 1872		0 32	4 38	7 23	2 14	8 53	9 9 *s*	9 19 *l*
18	Mo	Vallandigham shot, 1871		0 45	4 38	7 24	2 46	9 37	10 9 *s*	9 42 *l*
19	Tu	Cardinal Vaughan died, 1903		0 58	4 38	7 24	3 20	10 21	11 8 *s*	10 2 *l*
20	We	Prince Napoleon killed, 1879		1 11	4 38	7 24	3 56	11 8	0 21 *s*	10 25 *l*
21	Th	James Boycott died, 1897		1 24	4 38	7 24	Sets	11 55	0 51 *s*	10 49 *l*
22	Fr	Revolt in Paris, 1848		1 37	4 39	7 25	8 7	ev.44	1 43 *s*	11 25 *l*
23	Sa	Battle of Springfield, 1780		1 50	4 39	7 25	8 53	1 34	.....	2 25 *s*
	25.)	**2d Sunday after Trinity.** Luke 14.					**Day's length, 14 h. 46 m.**			
24	S	Newfoundland discovered, 1497		2 3	4 39	7 25	9 36	2 24	0 6 *l*	2 59 *s*
25	Mo	Parnell married, 1891		2 16	4 39	7 25	10 15	3 14	0 52 *l*	3 28 *s*
26	Tu	Afghan Treaty signed, 1879		2 29	4 40	7 25	10 51	4 3	1 45 *l*	3 59 *s*
27	We	F. W. Newman born, 1805		2 42	4 40	7 25	11 25	4 52	2 50 *l*	4 40 *s*
28	Th	Victorias 60th anniversary, 1897		2 54	4 41	7 25	11 59	5 40	4 5 *l*	5 29 *s*
29	Fr	Jesse R. Grant died, 1873		3 6	4 41	7 25	Mor.	6 29	5 19 *s*	6 1 *l*
30	Sa	Henry Grinnell died, 1874		3 18	4 41	7 25	0 33	7 21	6 39 *s*	6 49 *l*

WHEN cleaning silver add a few drops of liquid ammonia, or whiskey, to prepared chalk and water, if you want your silver to look its best. Remember that all powder must be carefully brushed out of all crevices with a soft brush before the final polishing.



A HEAD FOR BUSINESS.

MOTHER (to son who has been growing rather free of speech): Tommy, if you promise not to say "Hang it!" again I'll give you ten cents.

TOMMY: All right, ma. But I know another word that's worth fifty cents.

AND what is so rare as a day in June?
Then, if ever, come perfect days;
And Heaven tries the earth if it be in tune,
And over it softly her warm ear lays.
Whether we look, or whether we listen,
We hear lips murmer, or see it glisten;
Every clod feels a stir of might, [towers
An instinct within it that reaches and
And grasping blindly above it for light,
Climbs to a soul in grass and flowers.

From MRS. ELIZABETH J. MCCROY, Clements, Ga., May 2, 1903:

Gentlemen—For twenty years I was afflicted with all kinds of stomach troubles, but have been greatly relieved after using one bottle of your Hostetter's Stomach Bitters. I have tried physicians and different kinds of medicines, but could find no relief, and now since using only one bottle of your Bitters, I can cheerfully recommend it to any sufferer from stomach troubles.

MOST poets die young, not because the gods especially love them, but because life is a bank-account and to wipe out your balance is to have your checks protested. The excesses of youth are drafts payable at maturity.

From C. WEBSTER KEHOE, 1620 18th Street, Washington, D. C., January 10, 1904:

Your Hostetter's Stomach Bitters is certainly a most extraordinary remedy for an appetizer, and I place it above all others in the market as a remedy for the mentioned ailment.

THE great man is poised and satisfied—no matter what happens. The little man is always full of trouble; and this trouble he always lays to the fault of others.

From W. J. HELTON, Emmet, Texas, January 25, 1901:

Dear Sirs—I am using your Hostetter's Stomach Bitters, and will say that it has benefited my dyspepsia and indigestion more than any medicine I ever took.

Reinforce the Stomach and Bowels.
HOSTETTER'S STOMACH BITTERS
For Fifty Years has been the Standard Invigorant.

MOON'S PHASES.

	D.	H	M.	
FULL MOON	5	8	18	Evening.
LAST QUARTER	13	2	4	Morning.
NEW MOON	21	4	50	Morning.
FIRST QUARTER	28	11	57	Morning.

SAN FRANCISCO.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Slow M. S.	Sun Ris. H. M.	Sun Sets. H. M.	Moon Sets. H. M.	Moon South H. M.	High Water Morn H. M.	High Water Even. H. M.
		26.) 3d Sunday after Trinity. Luke 15. Day's length, 14 h. 43 m.								
1	S	Coal Miner's Strike ordered,1897		3 30	4 42	7 25	1 9	8 14	7 58 *s*	7 32 *l*
2	Mo	J. J. Rosseau died, 1778		3 41	4 42	7 25	1 48	9 10	9 17 *s*	8 17 *l*
3	Tu	Revolution in Spain, 1873		3 52	4 43	7 25	2 33	10 10	10 30 *s*	9 4 *l*
4	We	Hannibal Hamlin died, 1891		4 3	4 43	7 25	3 23	11 11	11 36 *s*	9 42 *l*
5	Th	Sarah Siddons born, 1755		4 14	4 44	7 25	Ris.	Mor.	0 37† *s*	10 37 *l*
6	Fr	Ticonderoga captured, 1777		4 24	4 44	7 25	8 4	0 13	1 29† *s*	11 31 *l*
7	Sa	John Huss burned, 1415		4 34	4 45	7 24	8 53	1 13	.....	2 12 *s*
		27.) 4th Sunday after Trinity. Luke 6. Day's length, 14 h. 39 m.								
8	S	John Morgan's Raid, 1863		4 44	4 45	7 24	9 35	2 10	0 24 *l*	2 51 *s*
9	Mo	Port Hudson surrendered, 1863		4 53	4 46	7 24	10 13	3 3	1 17 *l*	3 28 *s*
10	Tu	Columbus born, 1447		5 2	4 47	7 24	10 46	3 58	2 14 *l*	4 10 *s*
11	We	Repulse at Ft. Wagner, 1863		5 10	4 47	7 23	11 17	4 40	3 20 *l*	4 56 *s*
12	Th	Erasmus died, 1536		5 18	4 48	7 23	11 46	5 24	4 32 *s*	5 47 *l*
13	Fr	English Engineer's Strike, 1897		5 26	4 48	7 22	Mor.	6 7	5 40 *s*	6 25 *l*
14	Sa	N. Y. Crystal Palace opens, 1853		5 33	4 49	7 22	0 16	6 50	6 43 *s*	7 1 *l*
		28.) 5th Sunday after Trinity. Luke 5. Day's length, 14 h. 32 m.								
15	S	Napoleon I. surrendered, 1815		5 40	4 50	7 22	0 47	7 34	7 51 *s*	7 36 *l*
16	Mo	Chief P. M. Arthur died, 1903		5 46	4 50	7 21	1 19	8 18	9 2 *s*	8 9 *l*
17	Tu	Jas. A. M. Whistler died, 1903		5 52	4 51	7 21	1 55	9 3	10 9 *s*	8 41 *l*
18	We	Dr. I. Prime died, 1885		5 57	4 51	7 20	2 34	9 51	11 7 *s*	9 10 *l*
19	Th	John Mitchell escaped, 1854		6 2	4 52	7 20	3 19	10 39	0 4† *s*	9 46 *l*
20	Fr	Pope Leo XIII. died, 1903		6 6	4 53	7 19	4 8	11 29	0 46† *s*	10 24 *l*
21	Sa	Matthew Prior born, 1664		6 9	4 54	7 18	Sets	Ev 20	1 22† *s*	11 14 *l*
		29.) 6th Sunday after Trinity. Matt. 5. Day's length, 14 h. 24 m.								
22	S	Cassius M. Clay died, 1903		6 12	4 54	7 18	8 15	1 10	2 2† *s*	11 59 *l*
23	Mo	Death of Gen. Grant, 1885		6 14	4 55	7 17	8 55	2 0	.....	2 33 *s*
24	Tu	Santa Cruz attacked, 1797		6 16	4 56	7 16	9 30	2 50	0 49 *l*	2 51 *s*
25	We	Wyo. Territory organized, 1868		6 17	4 57	7 15	10 3	3 38	1 44 *l*	3 8 *s*
26	Th	Silver in dollar worth 45.63c.,'97		6 18	4 58	7 14	10 35	4 27	2 45 *l*	3 40 *s*
27	Fr	State Departm't established 1789		6 18	4 58	7 14	11 11	5 17	3 54 *s*	4 36 *l*
28	Sa	Moses Montefiore died, 1885		6 18	4 59	7 13	11 48	6 9	5 10 *s*	5 20 *l*
		30.) 7th Sunday after Trinity. Mark 8. Day's length, 14 h. 12 m.								
29	S	Philip I. died, 1108		6 17	5 0	7 12	Mor.	7 2	6 32 *s*	6 6 *l*
30	Mo	Westfield Explosion, 1871		6 15	5 1	7 11	0 28	7 58	7 53 *s*	6 53 *l*
31	Tu	Andrew Johnson died, 1875		6 13	5 2	7 10	1 13	8 57	9 17 *s*	7 51 *l*

THE BITTERS A TRAVELING COMPANION.

WE are becoming so accustomed to vacations during the hot season, that every year an increasing crowd join the procession of the pleasure seekers. Many encounter experiences which greatly modify their views of the benefits of travel, while all are subject to inconveniences that would not be tolerated at home. The menace to health in traversing malarious districts, the changes in temperature and accustomed food, and the great variety of water we are obliged to drink, are a few of the perils of those who seek health and recreation.

Especially those who "go down to the sea in ships," are exposed to the nausea of sea-sickness, which often troubles them during the entire voyage. **Hostetter's Stomach Bitters** has often been successfully used to counteract the effects produced by the rocking vessel, and those who provide themselves with this safeguard enjoy all the comfort obtainable from the sea breeze.

The tourists and emigrants toward our western coasts need not be told of its usefulness in their travels. Throughout the entire West it has been the prime panacea for all the ills bred in malarial districts. Fever and ague, dumb ague, remittent and intermittent fever, so common when the virgin soil was first cultivated, and the water supply deleterious and insufficient, have been greatly lessened through the bracing and healing effects of the Bitters.

What an army is ever on the wing in the interests of commerce. Every train carries representatives, selling goods by day, speeding from place to place at night, subject to every change of climate, food and water, no wonder they are often on the point of collapse. With the Bitters they have a great aid in the preservation of their health.

WHAT wisdom more, what better life, than
pleaseth God to send?
What worldly goods, what longer use, than
pleaseth God to lend?
What better bed than conscience good to
pass the night in sleep?
What better work than daily care from sin
thyself to keep?

STANDING in the Baltimore depot for the Washington train, wrapped in a heavy coat so that neither clerical collar nor purple vest was visible, Archbishop Ryan was accosted by a good-natured Westerner. "Your face is familiar to me. Where in hell did I know you?" With a sweet smile and a perfectly friendly accent, he answered: "I don't quite remember. What part of hell do you come from?"

"I AM not discouraged. Things will right themselves. A pendulum swings one way and then another, but the steady pull of gravitation is toward the center of the earth. Any structure must be plumb if it is to endure. So it is with nations. Wrong may seem to triumph; right may seem to be defeated; but the gravitation of eternal justice is upward toward the throne of God. Any political institution, if it is to endure, must be plumb with that line of justice."—ALTGELD.

TREATMENT OF HICCOUGH.—Noir has stated that he has successfully treated several cases of hiccough by Laborde's method of vigorous traction of the tongue. One case which had lasted for six hours was arrested by traction of the tongue for a minute and a half. In another case of six days' standing, which resisted all forms of medicinal treatment, a cure was effected in two minutes.

"GIVE me the first seven years of a child's life," said a wise man, "and you may have the rest. These are the ones that count."

To secure a Sound Body and Mind Resort to HOSTETTER'S STOMACH BITTERS It Regulates The Liver and Kidneys

MOON'S PHASES.

	D.	H.	M.	
FULL MOON	4	4	51	Morning.
LAST QUARTER	11	6	38	Evening.
NEW MOON	19	5	18	Evening.
FIRST QUARTER	26	4	33	Evening.

SAN FRANCISCO.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Slow M. S.	Sun Ris. H. M.	Sun Sets. H. M.	Moon Ris. H. M.	Moon South H. M.	High Water. Morn. H. M.	High Water. Even. H. M.
1	We	Colorado admitted, 1876		6 9	5 2	7 10	2 5	9 57	10 31 *s*	8 37 *l*
2	Th	Fire at Portland, 1873		6 5	5 3	7 9	3 2	10 56	11 39 *s*	9 39 *l*
3	Fr	Crown Point taken, 1750		6 1	5 4	7 8	4 6	11 55	†0 29 *s*	10 31 *l*
4	Sa	Pope Pius X. elected, 1903		5 56	5 5	7 7	Ris.	Mor.	†1 15 *s*	11 27 *l*
		31.) 8th Sunday after Trinity. Matt. 7. **Day's length, 14 h. 0 m.**								
5	S	Henry I. crowned, 1100		5 50	5 6	7 6	8 9	0 50	.....	1 47 *s*
6	Mo	Daniel O'Connell born, 1775		5 44	5 6	7 5	8 44	1 41	0 13 *l*	2 18 *s*
7	Tu	Gen. Miles retires, 1903		5 38	5 7	7 4	9 16	2 31	1 4 *l*	2 47 *s*
8	We	Silliman born, 1779		5 31	5 8	7 3	9 46	3 17	1 57 *l*	3 17 *s*
9	Th	Bazaine escapes, 1873		5 23	9	7 2	10 16	4 1	2 53 *s*	4 1 *l*
10	Fr	Battle of Chevy Chase, 1388		5 14	5 10	7 1	10 46	4 45	3 56 *s*	4 42 *l*
11	Sa	C. Malte-Brun born, 1775		5 5	5 11	6 59	11 18	5 29	5 0 *s*	5 22 *l*
		32.) 9th Sunday after Trinity. Luke 16. **Day's length, 13 h. 46 m.**								
12	S	Battle of Cedar Mountain, 1865		4 56	5 12	6 58	11 53	6 13	6 12 *s*	5 58 *l*
13	Mo	Irish Land Bill passed, 1903		4 46	5 13	6 57	Mor.	6 58	7 24 *s*	6 36 *l*
14	Tu	Jeffries defeated Corbett, 1902		4 36	5 14	6 56	0 32	7 44	8 36 *s*	7 17 *l*
15	We	Battle of Ft. Erie, 1813		4 24	5 15	6 55	1 14	8 32	9 43 *s*	7 57 *l*
16	Th	Battle of Camden, 1780		4 12	5 15	6 53	2 0	9 22	10 51 *s*	8 41 *l*
17	Fr	Admiral Blake died, 1657		4 0	5 16	6 52	2 52	10 12	11 41 *s*	9 26 *l*
18	Sa	Rienzi crowned, 1347		3 47	5 17	6 51	3 50	11 3	†0 24 *s*	10 11 *l*
		33.) 10th Sunday after Trinity. Luke 19. **Day's length, 13 h. 32 m.**								
19	S	Beranger born, 1780		3 34	5 18	6 50	Sets	11 54	†0 59 *s*	10 58 *l*
20	Mo	Battle of Contreras, 1847		3 21	5 19	6 48	7 30	ev.44	†1 32 *s*	11 48 *l*
21	Tu	Charter Oak blown down, 1856		3 7	5 19	6 47	8 4	1 34	.....	2 2 *s*
22	We	Salisbury died, 1903		2 52	5 20	6 45	8 38	2 24	0 41 *l*	2 18 *s*
23	Th	I. S. Kallioch shot, 1879		2 37	5 21	6 44	9 13	3 14	1 34 *s*	2 30 *l*
24	Fr	Coligny murdered, 1572		2 22	5 22	6 43	9 50	4 6	2 41 *s*	2 51 *l*
25	Sa	Commodore Preble died, 1807		2 6	5 23	6 41	10 29	4 58	3 56 *s*	3 30 *l*
		34.) 11th Sunday after Trinity. Luke 18. **Day's length, 13 h. 17 m.**								
26	S	Sam Parks convicted, 1903		1 49	5 23	6 40	11 10	5 53	5 21 *s*	4 21 *l*
27	Mo	Rowland Hill died, 1879		1 32	5 24	6 38	11 58	6 49	6 47 *s*	5 21 *l*
28	Tu	Cetewayo captured, 1879		1 15	5 25	6 37	Mor.	7 47	8 8 *s*	6 14 *l*
29	We	Edgar Cowan died, 1885		0 58	5 26	6 36	0 53	8 46	9 31 *s*	7 31 *l*
30	Th	Alexandria taken, 1814		0 40	5 27	6 34	1 52	9 43	10 37 *s*	8 39 *l*
31	Fr	Mrs. John Drew died, 1897		0 22	5 28	6 33	2 55	10 39	11 29 *s*	9 41 *l*

THE poet Heine, on the day after his marriage, drew up a will, in which he bequeathed all he possessed to his wife, on condition that she married again. He desired, he said, that at least one man should regret his death.

A DIFFICULT PROBLEM.

REGINALD: Why don't you go in? The dog's all right. Don't you see him wag his tail?

HAROLD: Yes; and he's growling at the same time. I don't know which end to believe.

From JAMES G. DAUGHERTY, Tioga, Texas, February 1, 1904:

Dear Sirs—I tried various remedies and several physicians to effect a cure for stomach trouble and general debility. I was induced by my druggist to try Hostetter's Stomach Bitters. The first bottle so much relieved me that I continued its use until I am sound and well.

IN RUSSIA 2,810 men in every million are annually called into the army; in Germany 4,120; in France, 5,620. To get so large a number of Frenchmen, weaklings have to be taken. This makes the mortality in the French army three and a half times that of the German army.

From R. L. TAYS, M. D., Herkimer, Kans., January 29, 1904:

Hostetter's Stomach Bitters take the lead here as a spring tonic; they are unsurpassed. Also, convalescents get great good from them.

From JAMES R. FRANKLIN, Breckenridge, Minn., February 12, 1904:

Dear Sirs—For years it was impossible for me to get up an appetite, but on trying Hostetter's Stomach Bitters before meals, I cannot only eat, but my stomach digests the food without discomfort to myself. I always carry a bottle in the house and would not be without it.

'TIS an excellent world that we live in—
To lend, to spend, or to give in;
But to borrow or beg, or get a man's own,
'Tis just the worst world that ever was known.

From JOSEPH R. PERRY, PH. D., M. D., Indianapolis, Ind., May 12, 1902:

Have sold Hostetter's Stomach Bitters for forty-five years. Always satisfactory.

FORSAKE the valleys of low desire and dwell upon the mountain tops of high purpose if you would be happy.

Poison in Air or Water is neutralized by HOSTETTER'S STOMACH BITTERS
Cures Malaria, Remittent Fever and Rheumatism.

MOON'S PHASES. — **SAN FRANCISCO.**

	D.	H.	M.	
Full Moon	2	3	27	Evening.
Last Quarter	10	0	44	Evening.
New Moon	18	4	24	Morning.
First Quarter	24	10	2	Evening.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Slow M. S.	Sun Ris. H. M.	Sun Sets. H. M.	Moon Sets. H. M.	Moon South H. M.	High Water. Morn. H. M.	High Water. Even. H. M.
1	Sa	Napoleon III. surrendered, 1870		0 3	5 29	6 31	4 0	11 31	0 10† *s*	10 36 *l*
		35.) 12th Sunday after Trinity. Mark 7. **Day's length, 13 h. 0 m.**								
2	S	Fire in London, 1666		slow	5 30	6 30	Ris.	Mor.	0 42† *s*	11 28 *l*
3	Mo	Reliance won all races, 1903		0 35	5 31	6 28	7 14	0 21	..... *l*	1 2 *s*
4	Tu	Rochefoucault died, 1680		0 55	5 32	6 27	7 45	1 8	0 12	1 27 *s*
5	We	Balboa discovered, 1513		1 15	5 32	6 25	8 16	1 54	1 3 *s*	1 54 *l*
6	Th	Gen. Rawlings died, 1869		1 35	5 33	6 24	8 46	2 38	1 49 *s*	2 19 *l*
7	Fr	Elizabeth born, 1533		1 55	5 34	6 22	9 16	3 22	2 37 *s*	2 45 *l*
8	Sa	Montreal capitulated, 1750		2 16	5 35	6 21	9 49	4 6	3 35 *s*	3 18 *l*
		36.) 13th Sunday after Trinity. Luke 10. **Day's length, 12 h. 43 m.**								
9	S	Utah Territory organized, 1850		2 36	5 36	6 19	10 26	4 51	4 44 *s*	3 58 *l*
10	Mo	Gen. M'Cook shot, 1873		2 57	5 36	6 18	11 6	5 37	5 58 *s*	4 44 *l*
11	Tu	M'Donough's Victory, 1814		3 17	5 37	6 16	11 52	6 24	7 10 *s*	5 27 *l*
12	We	Battle of Chapultepec, 1847		3 38	5 38	6 15	Mor.	7 13	8 21 *s*	6 24 *l*
13	Th	Cœur de Lion born, 1157		3 59	5 39	6 13	0 42	8 2	9 24 *s*	7 22 *l*
14	Fr	Moscow burned, 1812		4 20	5 40	6 12	1 36	8 53	10 20 *s*	8 20 *l*
15	Sa	J. Fennimore Cooper born, 1789		4 41	5 41	6 10	2 35	9 44	11 8 *s*	9 14 *l*
		37.) 14th Sunday after Trinity. Luke 17. **Day's length, 12 h. 27 m.**								
16	S	Pilgrims left England, 1620		5 3	5 42	6 9	3 36	10 34	11 48 *s*	10 5 *l*
17	Mo	Mt. Cenis Tunnel opened, 1871		5 24	5 43	6 7	4 40	11 25	0 19† *s*	10 56 *l*
18	Tu	Corner Stone Capitol laid, 1793		5 45	5 44	6 5	Sets	Ev 16	0 46† *s*	11 51 *l*
19	We	Balmaceda suicides, 1891		6 6	5 45	6 4	7 11	1 8	.....	1 15 *l*
20	Th	Grant at San Francisco, 1879		6 27	5 45	6 2	7 48	2 0	0 53 *s*	1 20 *l*
21	Fr	Broderick killed, 1859		6 48	5 46	6 1	8 28	2 53	1 51 *s*	1 25 *l*
22	Sa	Emancipation Proclamation, '62		7 9	5 47	5 59	9 9	3 48	2 54 *s*	1 54 *l*
		38.) 15th Sunday after Trinity. Matt. 6. **Day's length, 12 h. 9 m.**								
23	S	Wellington's First Victory, 1803		7 30	5 48	5 57	9 56	4 45	4 9 *s*	2 43 *l*
24	Mo	Battle of Monterey, 1846		7 51	5 49	5 56	10 48	5 42	5 34 *s*	3 40 *l*
25	Tu	Columbus' Second Voyage, 1493		8 12	5 49	5 54	11 45	6 40	7 0 *s*	5 0 *l*
26	We	Thos. Clarkson died, 1846		8 32	5 50	5 53	Mor.	7 38	8 13 *s*	6 15 *l*
27	Th	Emancipation in Brazil, 1871		8 52	5 51	5 51	0 46	8 33	9 22 *s*	7 34 *l*
28	Fr	Spanish Revolution, 1823		9 12	5 52	5 50	1 48	9 25	10 19 *s*	8 45 *l*
29	Sa	Richard II. abdicated, 1399		9 32	5 53	5 48	2 52	10 15	11 1 *s*	9 47 *l*
		39.) 16th Sunday after Trinity. Luke 7. **Day's length, 11 h. 53 m.**								
30	S	Boston Club wins Pennant, 1897		9 52	5 54	5 47	3 55	11 2	11 34 *s*	10 44 *l*

THE HEALING FLUID MUST BE PURE.

VAST strides have been made in the last quarter of a century in promoting the health of our people. Among the many means employed none have yielded better results than the attention paid to the water supply, especially in our large cities. Experts in this line are experimenting upon the best methods of filtration and purification, and every year adds to our comfort in life. In country districts, outside of sanitary restrictions, water obtained from wells and springs is often found polluted with bacteria, which spread typhoid fever and malaria far and wide.

In the human system this process of purification is performed by the kidneys. Every ounce of blood before traversing the vast system of arteries and veins, to renew and revivify the wasting tissue, is purged by this organ of all baneful properties, and if its action is normal and vigorous, the man feels its health-giving influence in every fibre of his being. When disease of any kind attack the kidneys, the whole machinery of digestion is impaired, and if neglected may soon develop into Bright's disease, diabetes, fatty degeneration, or other affections that defy the most skilful medical treatment.

Stimulation and invigoration of the kidneys with **Hostetter's Stomach Bitters** is the best means of renewing their secretive activity and of toning all the connecting organs. It contains diuretic elements considered potent in the cure of renal diseases. By facilitating digestion, strengthening the nerves and regulating the bowels, it expels all those malarious poisons which clog and wreck our frame. He is wise who resorts to the Bitters at the first sign of irregularity, ere it develops into phases which preclude recovery.

POPULATION ACCORDING TO AGE.

The following table exhibits the distribution of population per 1,000, according to age, in the years named, in four of the great countries of the world:

AGE, YEARS.	Germany. 1880.	England. 1871.	France. 1872.	U. S. 1900.
0— 5	139	135	93	138
5—10	114	119	91	128
10—15	103	107	87	114
15—20	93	96	84	100
20—25	86	88	88	102
25—30	73	78	72	86
30—40	130	128	139	127
40—50	104	100	125	90
50—60	80	73	104	60
60—70	53	47	72	36
70—80	21	22	36	15
80—90	4	5	7	3.7
Over 90	0.2	0.4	0.4	0.5

PLAY distinguishes the higher from the lower animals, and it signifies possibility of education. Fishes do not play at all; the lower mammals can hardly be taught to play, and birds are entirely devoid of the instinct. But the kitten and the lamb are essentially playing animals. The human young, however, are the true players, and, in reality, it is play that develops them into manhood. "Children," says Dr. Hutchinson, "are born little amorphous bundles of possibilities, and are played into shape."

WITH the methods now in use, seven-tenths of the force in coal is wasted. A few years ago the waste was nine-tenths. Mr. Edison declares that a bucketful of coal should drive an express train from New York to Philadelphia, and a few tons be sufficient for the largest ocean steamship, whose bunkers must now hold thousands.

THE best way to clean glasses is with alcohol and an old soft handkerchief. I have tried several ways and find this is the best, as it makes them much clearer.

All Herbs, Roots, Barks used in HOSTETTER'S STOMACH BITTERS are Nature's Remedies for Stomach Weakness.

MOON'S PHASES.

	D.	H.	M.	
FULL MOON	2	4	39	Morning.
LAST QUARTER	10	7	30	Morning.
NEW MOON	17	2	34	Evening.
FIRST QUARTER	24	5	41	Morning.
FULL MOON	31	8	37	Evening.

SAN FRANCISCO.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Fast M.	S.	Sun Ris. H.	M.	Sun Sets. H.	M.	Moon Sets. H.	M.	Moon South H.	M.	High Water. Morn. H.	M.	Even. H.	M.
1	Mo	Postal Special Delivery, 1885		10	11	5	55	5	45	4	56	11	48	11	59 *s*	11	35 *l*
2	Tu	Neal Dow died, 1897		10	30	5	56	5	44	Ris.		Mor.		.....		0	22 *l*
3	We	Battle of Corinth, 1862		10	49	5	57	5	42	6	44	0	33	0	17 *s*	0	38 *l*
4	Th	George Bancroft born, 1800		11	8	5	58	5	41	7	15	1	17	0	56 *s*	0	57 *l*
5	Fr	The Modocs hung, 1873		11	26	5	58	5	39	7	48	2	1	1	47 *s*	1	14 *l*
6	Sa	Revolution in Mexico, 1841		11	44	5	59	5	38	8	23	2	45	2	40 *s*	1	34 *l*
		40.) 17th Sunday after Trinity. Luke 14. **Day's length, 11 h. 36 m.**															
7	S	Chas. Stewart Parnell died, 1891		12	2	6	0	5	36	9	2	3	31	3	34 *s*	2	6 *l*
8	Mo	Weyler recalled, 1897		12	19	6	1	5	35	9	45	4	17	4	32 *s*	2	47 *l*
9	Tu	Howell Cobb died, 1868		12	35	6	2	5	33	10	31	5	5	5	41 *s*	3	46 *l*
10	We	Cardinal M'Closkey died, 1885		12	51	6	3	5	32	11	23	5	54	6	46 *s*	4	49 *l*
11	Th	Afghan War ends, 1844		13	7	6	4	5	30	Mor.		6	43	7	47 *s*	5	53 *l*
12	Fr	Roger B. Taney died, 1864		13	23	6	5	5	29	0	19	7	33	8	41 *s*	7	0 *l*
13	Sa	Prof. Wise lost, 1879		13	37	6	6	5	28	1	18	8	23	9	34 *s*	8	7 *l*
		41.) 18th Sunday after Trinity. Matt. 22. **Day's length, 11 h. 19 m.**															
14	S	Croton Celebration, 1842		13	51	6	7	5	26	2	21	9	13	10	21 *s*	9	8 *l*
15	Mo	Sherman Statue unveiled, 1903		14	5	6	8	5	25	3	27	10	3	10	58 *s*	10	6 *l*
16	Tu	Dowie invades New York, 1903		14	18	6	9	5	23	4	34	10	55	11	30 *l*	11	7 *s*
17	We	Chas. A. Dana died, 1897		14	31	6	10	5	22	5	42	11	47	11	46 *l*	.....	
18	Th	Admiral Worden died, 1897		14	42	6	11	5	21	Sets		Ev	41	0	4 *s*	11	56 *l**
19	Fr	Cornwallis surrendered, 1781		14	53	6	12	5	19	7	2	1	37	1	6 *s*	0	6 *l*
20	Sa	Christopher Wren born, 1632		15	4	6	13	5	18	7	48	2	36	2	8 *s*	0	42 *l*
		42.) 19th Sunday after Trinity. Matt. 9. **Day's length, 11 h. 2 m.**															
21	S	Earthquake at San Francisco, '68		15	14	6	14	5	16	8	40	3	35	3	9 *s*	1	15 *l*
22	Mo	W. E. H. Leckey died, 1903		15	23	6	15	5	15	9	37	4	34	4	21 *s*	2	21 *l*
23	Tu	Theodore Gautier died, 1872		15	32	6	16	5	14	10	39	5	33	5	36 *s*	3	38 *l*
24	We	Los Angeles Massacre, 1873		15	40	6	17	5	12	11	42	6	29	6	51 *s*	5	3 *l*
25	Th	Macedonian captured, 1812		15	48	6	18	5	11	Mor.		7	22	7	54 *s*	6	20 *l*
26	Fr	Von Moltke born, 1800		15	55	6	19	5	9	0	46	8	12	8	52 *s*	7	38 *l*
27	Sa	Capt. Cook born, 1728		16	1	6	20	5	8	1	49	9	0	9	39 *s*	8	49 *l*
		43.) 20th Sunday after Trinity. Matt. 22. **Day's length, 10 h. 46 m.**															
28	S	Philadelphia chartered, 1701		16	6	6	21	5	7	2	49	9	45	10	16 *s*	9	52 *l*
29	Mo	Mrs. Booth Tucker killed, 1903		16	10	6	22	5	6	3	49	10	29	10	44 *l*	10	39 *s*
30	Tu	Battle of Hanau, 1831		16	14	6	23	5	5	4	48	11	13	11	8 *l*	11	26 *s*
31	We	Gen. Hooker died, 1879		16	17	6	24	5	4	5	45	11	57	11	32 *l*	.....	

THE CORRODING CARES OF BUSINESS.

CORNELIUS VANDERBILT is quoted as saying just before he died, "I don't see what good it does me—all this money you say is mine. I can't eat it: I can't spend it; in fact I never saw it and never had it in my hands. I dress no better than my private secretary, and cannot eat as much as my coachman. I live in a big servants' boarding house, am bothered to death by beggars, have dyspepsia, and most of my money is in the hands of others who use it mainly for their own benefit."

What a sad commentary on life by a person who was considered one of fortune's favorites. He had all that heart could wish, master of his own time, could command the services of thousands to minister to his pleasure, but still failed of that something which completes human happiness. His ruling passion robbed him of the desire to cultivate habits of human well-being, ruined his health, and naturally led to a gloomy view of life.

The prudent man cultivates the golden mean, and lays stress on good health and a calm and serene mind. To cure all morbid hallucinations, and correct irregularities of the stomach, liver and bowels, to steady the nerves, to keep the brain alert and the heart in tune, nothing offers a surer antidote than **Hostetter's Stomach Bitters.** It soon dispels the anxieties and doubts that haunt the invalid by night and day, and every dyspeptic symptom vanishes. It will restore that equilibrium between the stomach and brain, that be we rich or poor, we will view life with a cheerful outlook, and enjoy any fortune that may be sent.

The Bitters has afforded such relief to thousands of despondent dyspeptics during the last half century, and is just as potent to rescue and comfort the thousands who suffer to-day.

THEY say that man is mighty,
He governs land and sea,
He wields a mighty sceptre,
O'er lesser power that be.
But a mighty power and stronger
Man from his throne has hurled,
And the hand that rocks the cradle,
Is the hand that rules the world.

THE grease in the wool of sheep is exceedingly valuable. A great deal of it is lost when the fleece is washed before shearing. A government expert says: "It is safe to say that from $2,000,000 to $3,000,000 worth of wool fat and potash are run down the streams and wasted annually in the United States."

MAKING EGGS TELL THEIR AGES.—The age of an egg is now discovered by immersing it in a solution of salt containing about eight ounces to the pint. When the salt has thoroughly dissolved, the egg to be tested is dropped gently into the glass containing the solution. If the egg is only one day old it sinks immediately to the bottom; if three days old it sinks just below the surface only, and from five days and upward it floats.

BUT 8.3 per cent. of the 1,330,697 German-born males in the United States have failed to become naturalized, while 13 per cent. of the English, 85 per cent. of the Russians, 53 per cent. of the Italians, and 80 per cent. of the Japanese are still aliens.

SOME scientist—Darwin, we think—in illustrating the struggle for existence going on in nature, made the statement that if all the eggs should hatch, the descendants of a single pair of codfish would in twenty-five years have a bulk greater than the earth.

All Bodily Functions are strengthened by using HOSTETTER'S STOMACH BITTERS It assists Appetite and Digestion

MOON'S PHASES.

	D.	H.	M.	
Last Quarter	9	1	36	Morning.
New Moon	16	0	27	Morning.
First Quarter	22	4	30	Evening.
Full Moon	30	2	58	Evening.

SAN FRANCISCO.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Fast M. S.	Sun Ris. H. M.	Sun Sets. H. M.	Moon Ris. H. M.	Moon South H. M.	High Water. Morn. H. M.	High Water. Even. H. M.
1	Th	Senator Chandler died, 1879		16 19	6 25	5 3	Ris.	Mor.	0 22 *s*	11 52 *l**
2	Fr	Van Wyck, Mayor of N. Y., 1897		16 20	6 26	5 2	6 22	0 41	1 18 *s*	11 59 *l**
3	Sa	Panama a Republic, 1903		16 21	6 27	5 1	6 59	1 26	1 59 *s*	0 16 *l*
		44.) 21st Sunday after Trinity. John 4.			**Day's length, 10 h. 31 m.**					
4	S	Mrs. Schenley died, 1903		16 21	6 28	4 59	7 39	2 12	2 42 *s*	0 39 *l*
5	Mo	Gunpowder Plot, 1605		16 20	6 29	4 58	8 25	3 0	3 33 *s*	1 18 *l*
6	Tu	Lincoln elected, 1860		16 18	6 30	4 57	9 14	3 48	4 18 *s*	2 10 *l*
7	We	Pensacola taken, 1814		16 15	6 31	4 56	10 8	4 36	5 8 *s*	3 15 *l*
8	Th	John M'Cullough died, 1885		16 11	6 32	4 55	11 5	5 25	6 3 *s*	4 25 *l*
9	Fr	Prince of Wales born, 1841		16 7	6 34	4 55	Mor.	6 14	6 59 *s*	5 35 *l*
10	Sa	Centennial Exposition closed'76		16 1	6 35	4 54	0 4	7 2	7 49 *s*	6 45 *l*
		45.) 22d Sunday after Trinity. Matt. 18.			**Day's length, 10 h. 17 m.**					
11	S	Gen. Wool died, 1869		15 55	6 36	4 53	1 7	7 51	8 35 *s*	7 57 *l*
12	Mo	Don Piatt died, 1891		15 48	6 37	4 52	2 11	8 40	9 21 *s*	9 4 *l*
13	Tu	Curran died, 1817		15 41	6 38	4 51	3 18	9 32	10 9 *l*	10 0 *s*
14	We	Thomas A. Emmett died, 1827		15 32	6 39	4 51	4 29	10 24	10 42 *l*	10 59 *s*
15	Th	First English Parliament, 1213		15 22	6 40	4 50	5 40	11 19	11 9 *l*	11 59 *s*
16	Fr	Louis Riel hung, 1885		15 12	6 41	4 49	Sets	Ev 18	11 33 *l*	.....
17	Sa	Queen Elizabeth crowned, 1558		15 0	6 42	4 48	6 28	1 19	1 4 *s*	11 51 *l**
		46.) 23d Sunday after Trinity. Matt. 22.			**Day's length, 10 h. 4 m.**					
18	S	Empire of Brazil, 1825		14 48	6 43	4 47	7 24	2 21	2 6 *s*	0 12 *l*
19	Mo	Wm. J. Florence died, 1891		14 35	6 44	4 47	8 26	3 23	3 11 *s*	1 11 *l*
20	Tu	Edward I. crowned, 1272		14 21	6 45	4 46	9 30	4 22	4 11 *s*	2 13 *l*
21	We	N. C. ratifies Constitution, 1789		14 7	6 46	4 45	10 36	5 18	5 20 *s*	3 32 *l*
22	Th	Maryland Colony sailed, 1633		13 51	6 47	4 45	11 40	6 9	6 27 *s*	4 53 *l*
23	Fr	Battle of Chattanooga, 1863		13 35	6 48	4 44	Mor.	6 58	7 24 *s*	6 10 *l*
24	Sa	Joseph Brant died, 1807		13 18	6 50	4 44	0 42	7 44	8 13 *s*	7 23 *l*
		47.) 24th Sunday after Trinity. John 6.			**Day's length, 9 h. 52 m.**					
25	S	Senator Hendricks died, 1885		13 1	6 51	4 43	1 43	8 28	8 55 *s*	8 31 *l*
26	Mo	Berlin Decree issued, 1806		12 42	6 52	4 43	2 42	9 11	9 32 *l*	9 27 *s*
27	Tu	Robert Heller died, 1878		12 23	6 53	4 43	3 40	9 55	10 9 *l*	10 27 *s*
28	We	Washington crosses Delaw., 1776		12 3	6 54	4 42	4 37	10 39	10 32 *l*	11 22 *s*
29	Th	Ohio admitted, 1802		11 42	6 55	4 42	5 34	11 23	10 51 *l*	.....
30	Fr	Battle of Narva, 1770		11 21	6 56	4 41	Ris.	Mor.	0 17 *s*	11 6 *l**

IF a person is bitten by a supposedly mad dog, let him call a physician and apply lemon juice to the wound. This is the advice of Dr. Lagorio, of the Pasteur Institute.

A MAN who disregards his own convictions and joins a majority just because it is a majority shows little gratitude to the Creator for giving him a mind.

HIS CONSTITUTIONAL RIGHTS.

JUDGE: Are you the rascal who has been stealing my chickens?

JASPER: Look heah, Jedge, did'nt you say in court de other day dat a person hain't got to say anything to incriminate hisself?

From F. N. KNOTT, Berthoud, Colo., January 23, 1904:

Dear Sirs—I have used Hostetter's Stomach Bitters, and found it good for almost any kind of stomach trouble, and also to build up a run down system. I always use it in summer, as I think there is nothing better as a tonic.

THE REAL REWARD.—To the winner of the foot race the real reward is not the gold medal. It is the increased strength gained in the running. And so the real prizes of life are not the money, the glory, the prestige for which men strive, but the increased mental grasp, the will power, the self-control which is gained in the striving.

From W. F. VIERECK, Sealy, Texas, January 14, 1904:

Dear Sirs—I can recommend your preparation of Hostetter's Stomach Bitters to any person for stomach trouble. I have had catarrh of the stomach, and have used same for a year, and am cured.

ART is the expression of man's joy in his work, and all the joy and love that you weave into the fabric comes out again and belongs to the individual who has the soul to appreciate.

From J. W. DINEEN, Idaho Falls, Ida., January 30, 1904:

I have taken your Hostetter's Stomach Bitters for about seven years whenever I had trouble with my stomach, and consider it to be just what you represent it to be. It has done more good for me than any other medicine I have taken.

THE human face is like the pocket-book—it is not the outside beauty, but the value within that counts.

From A. W. ROYDER, Wellborn, Texas, January 31, 1904:

I have been using Hostetter's Stomach Bitters a long time, and find them to be first class as a tonic and family medicine. In fact I think they are the best bitters on the market.

From Chills and Colds protect yourself.
HOSTETTER'S STOMACH BITTERS
Relieves all Feverish Sensations and gives health.

MOON'S PHASES.

SAN FRANCISCO.

		D.	H.	M.	
☾	Last Quarter	8	5	36	Evening.
☽	New Moon	15	10	45	Morning.
☽	First Quarter	22	6	55	Morning.
☽	Full Moon	30	10	35	Morning.

Day Month.	Day Week.	HISTORICAL EVENTS.	Moon's Constellat'n	Sun Fast M.	Sun Ris. H. M.	Sun Sets. H. M.	Moon Ris. H. M.	Moon South H. M.	High Water. Morn. H. M.	High Water. Even. H. M.
1	Sa	Louis A. Godey died, 1878	♑	10 59	6 57	4 41	5 38	0 9	1 6 *s*	11 14 *l**
		48.) 1st Sunday in Advent.	Matt. 21.			Day's length, 9 h. 43 m.				
2	S	Battle of Austerlitz, 1805	♒	10 37	6 58	4 41	6 21	0 56	1 40 *s*	11 38 *l**
3	Mo	Siege of Knoxville, 1863		10 14	6 59	4 41	7 9	1 44	2 32 *s*	0 13 *l*
4	Tu	Russell Sage attacked, 1891		9 50	6 59	4 41	8 1	2 32	3 13 *s*	0 54 *l*
5	We	Hayti discovered, 1492	♓	9 26	7 0	4 41	8 56	3 21	3 52 *s*	1 45 *l*
6	Th	Max Muller born, 1823		9 1	7 1	4 41	9 53	4 9	4 33 *s*	2 48 *l*
7	Fr	Delaware ratifies Constitut. 1787		8 35	7 2	4 41	10 53	4 57	5 22 *s*	4 0 *l*
8	Sa	Herbert Spencer died, 1903	♈	8 9	7 3	4 41	11 55	5 44	6 14 *s*	5 11 *l*
		49.) 2d Sunday in Advent.	Luke 21.			Day's length, 9 h. 37 m.				
9	S	Sumpter bombarded, 1863	♈	7 43	7 4	4 41	Mor.	6 31	7 1 *s*	6 25 *l*
10	Mo	Howell Cobb resigned, 1860		7 15	7 5	4 41	0 59	7 19	7 44 *l*	7 40 *s*
11	Tu	King James I. died, 1542		6 48	7 6	4 41	2 5	8 10	8 26 *l*	8 55 *s*
12	We	Wm. L. Marcy born, 1786	♉	6 20	7 7	4 41	3 14	9 2	9 5 *l*	10 6 *s*
13	Th	Robert Toombs died, 1885		5 51	7 7	4 41	4 25	9 57	9 40 *l*	11 12 *s*
14	Fr	Malte-Brun died, 1826		5 23	7 8	4 42	5 38	10 57	10 12 *l*	.....
15	Sa	Prince Albert died, 1861	♊	4 54	7 8	4 42	Sets	11 59	0 12 *s*	10 32 *l**
		50.) 3d Sunday in Advent.	Matt. 11.			Day's length, 9 h. 33 m.				
16	S	Alphonse Daudet died, 1897	♊	4 25	7 9	4 42	6 6	ev. 3	1 16 *s*	11 16 *l**
17	Mo	Cuban Reciprocity, 1903		3 55	7 10	4 42	7 10	2 6	2 11 *s*	0 13 *l*
18	Tu	XIII. Amendment ratified, 1865		3 26	7 10	4 43	8 18	3 5	3 0 *s*	1 12 *l*
19	We	Battle of Niagara, 1813	♋	2 56	7 11	4 43	9 26	4 2	3 47 *s*	2 13 *l*
20	Th	Vattel died, 1767		2 26	7 11	4 44	10 31	4 53	4 42 *s*	3 28 *l*
21	Fr	Savannah taken, 1864		1 56	7 12	4 44	11 34	5 41	5 38 *s*	4 48 *l*
22	Sa	Gottenburg burned, 1802	♌	1 26	7 13	4 44	Mor.	6 27	6 27 *s*	6 3 *l*
		51.) 4th Sunday in Advent.	John 1.			Day's length, 9 h. 32 m.				
23	S	Tornado in France, 1790	♌	0 57	7 13	4 45	0 34	7 10	7 10 *l*	7 10 *s*
24	Mo	Oakey Hall acquitted, 1873		0 27	7 14	4 45	1 33	7 53	7 57 *l*	8 15 *s*
25	Tu	Christmas Day		slow	7 14	4 46	2 31	8 37	8 32 *l*	9 22 *s*
26	We	Hugh Miller suicides, 1856	♍	0 33	7 15	4 46	3 27	9 21	9 4 *l*	10 30 *s*
27	Th	Sir Francis Drake died, 1595		1 3	7 15	4 47	4 23	10 6	9 27 *l*	11 27 *s*
28	Fr	Iowa admitted, 1846	♎	1 32	7 15	4 48	5 19	10 53	9 50 *l*	.....
29	Sa	Andrew Johnson born, 1808		2 2	7 16	4 48	6 13	11 40	0 16 *s*	10 14 *l**
		52.) Sunday after Christmas.	Matt. 1.			Day's length, 9 h. 33 m.				
30	S	Chicago Theatre Fire, 1903	♏	2 31	7 16	4 49	Ris.	Mor.	1 8 *s*	10 36 *l**
31	Mo	Jules Simon born, 1814		3 0	7 16	4 50	5 56	0 29	1 36 *s*	11 14 *l**

A SOVEREIGN ANTIDOTE FOR MALARIA.

NATURE is a hard taskmaster, and insists on her pound of flesh as tenaciously as does Shylock in the play. If we thrust our hands into the fire we will be burned; if we sojourn in infected or malarious localities, we will inhale the contagion. The only way to avoid the evils that surround us is to study Nature's laws—the laws governing our physical being—those which relate to our own health, and our daily intercourse with our fellow men.

In this investigation we will find that health is the prime necessity in the race of life. Without this to build upon, our best efforts will be only partially successful. How important, then, to be frugal of our strength, and speedily renew any lapse that may occur, either through necessary exposure or our own inadvertence.

Those who keep a supply of **Hostetter's Stomach Bitters** will have efficient aid in overcoming the first symptoms of what, if neglected may ripen into a serious case of dyspepsia, fever and ague, or other bilious or nervous trouble. The Bitters restores the integrity of the digestive organs, and these in turn supply the rich, red blood to the heart and lungs. It imparts a stamina that counteracts the weakening effects of the rapid changes of temperature, and soon acclimates us to unaccustomed conditions. During the past half century, while reclaiming the Great West from its original and often pestilential solitude, the Bitters has been a veritable messenger of health to the pioneer. It is one of the oldest proprietary medicines on the market, and is still as efficient in curing all those complaints arising from poison in air, water or food as on the day when first discovered.

THE cloud-maker tells us the world is wrong,
And is bound in an evil fetter,
But the blue-sky man comes bringing a song
Of hope that shall make it better;
And the toilers, hearing his voice, behold
The sign of a glad to-morrow, [gold
Whose hands are heaped with the purest
Of which each heart may borrow.

EXPERIMENTS are being made in the English army as to protection of the soldiers and guns by a proper color scheme. Six guns were painted red, blue and yellow. Seen from a distance the color blending rendered them practically invisible. This experiment is strongly suggestive of the tiger markings, apparently most conspicuous, but harmonizing so thoroughly with the surroundings that all trace of the animal is lost.

WHEN the child plays, it is literally organizing its brain; and we should recognize the fact that the boy or girl engaged in vigorous, joyous play is carrying out an important part of the actual work of education and preparation for life. Dr. Hutchinson claims, therefore, that play, should be organized, and that for every dollar spent on a school building, half as much should be spent on the playground.

FOR the woman who sings and who occasionally finds herself hoarse at a critical moment, the remedy used by a famous prima donna is suggested—the white of an egg beaten to a stiff froth. This is much better than the oft-prescribed lemon juice, whose effect is but temporary.

UNVITIATED appetite tells us what food to eat. Wild animals make no mistakes. Domestic animals, in consequence of artificial feeding, may; man does habitually, not because his physical instincts are valueless, but because they have been perverted until there is little of nature left.

PROMPT TREATMENT FOR RHEUMATISM.

IT is a melancholy spectacle to see a man or woman suffering from the tortures of rheumatism. Often bed-ridden and helpless, dependent upon the attention of a nurse, and affected by every change of the weather with almost the precision of a barometer. Otherwise apparently in good health, yet laid low with a complaint which has so far baffled the skill of the medical profession. There are numerous theories as to its cause, all plausible, but the patient is more concerned about its removal, for which heretofore physicians have given little hope.

While it is thought some persons may inherit a predisposition to this malady, there was a time in every case when the first twinges of pain awakened their fears. The chief causes of rheumatism are exposure in bad weather, living in low and marshy surroundings, the want of sufficient clothing, and a general derangement of the system. The theory of the deposit of acrid matter in the joints, causing the pain, results from a deterioration of the blood, which absorbs from the fermented debris the poisons which should be expelled through the excretory organs.

When the first symptoms of rheumatism are developing, if a counteracting agent is used, all the pain might be avoided. To keep all the vital organs in healthy activity, to see that the functions of assimilation, secretion and excretion are regularly performed, is to banish all foundations for this disease to build on.

Hostetter's Stomach Bitters renovates the whole system, eliminating all the effete matter which breeds the rheumatic virus, cleanses the blood of its impurities, stimulates the secretions of the kidneys, expelling through the bladder and pores all foreign or hurtful elements. However, on the promptness with which rheumatism is treated in its incipient stages depends in a great measure its successful cure.

WHEREVER through the ages rise
The altars of self-sacrifice,
Where love its arms has opened wide
Or man for man has calmly died,
I see the same white wings outspread
That hovered o'er the Master's head.

AN Irishman, hearing shrieks as he was passing a deep pool, turned and saw a man struggling in the water. He threw off his coat, and, leaping in, saved the man's life at the risk of his own. Then the two lay on the bank and rested for awhile. Finally the man who had been rescued sighed and said: "I suppose, my friend, that since you have saved my life I must reward you. Here is a dime." The Irishman looked at the dime and then he looked at the man. "Bedad," he said, "I'm overpaid for the job."

A PIOUS, Christian lady in Edinburgh, who was a warm admirer of Professor Blackie, notwithstanding his heterodox notions, sent him the present of a cheese, with a copy of Sankey's Hymns laid carefully on the top. Blackie's acknowledgment was characteristic:

Blessed is she who hath done what she could
To make a lean man fat and a bad one good.
For the body, cheese; for the soul, Sankey,
For both, thank'ee.

TO MEND CHINA.—A homemade cement that will mend broken crockery is worth knowing about Here are several formulas. Unslacked lime or plaster of paris mixed with the white of an egg till the consistency of cream is excellent. Plain white lead will do also, and moreover, this is one of the few cements that will resist water and heat. One other that is waterproof is made by dissolving ordinary white glue in warm milk.

KEEP YOUR LIVER WHOLESOME.

MANY people, in all walks of life, suffer from a weakness and lassitude the cause of which they cannot locate, but which render their lives a burden, prompting the question "Is life worth living?" It depends greatly upon the *liver*. With a due regard to the limitations of the digestive apparatus, and supplying it with such nutritious aliment from which is distilled the elements of life, we can answer this question in the affirmative.

Now the human liver, which performs some of the most important functions in the natural system, is mainly composed of numerous glandular cells and veins. It is continuously active, discharging its secretions during the interval of digestion, as well as while that process is going on. These secretions are indispensable to the proper assimilation of our supply of food, which shows the necessity of keeping it in good working order, that the stomach and bowels may be supplied with this essential to the nourishment of our complex machinery—physical, mental and emotional—which constitute a human being.

The liver is subject to many diseases, such as inflammation, a peculiar ailment termed "cirrhosis," a fatty degeneration, and other forms intensified or modified by the state of the other organs involved in digestion.

To preserve its natural action, to restore its balance when over-sensitive, and to arouse it when torpid, no better remedy can be prescribed than **Hostetter's Stomach Bitters**. Composed of the most potent roots, herbs, barks, gums, etc. that botanical research has discovered, it has been pronounced a specific for all kinds of biliousness, and soon restores the stomach, liver and bowels to their wonted health. The world grows more attractive to the late invalid, and he determines decisively that life is worth living.

JEAN INGELOW'S FANCY.—The whole story of life has been compressed into this dainty little poem by Jean Ingelow.

Sweet is childhood—childhood's over,
Kiss and part.
Sweet is youth; but youth's a rover—
So's my heart.
Sweet is rest; but all by showing
Toil is nigh.
We must go. Alas! the going,
Say, "Good-bye."

IN THE water fishes see only at very close range—about half their own length. This will seem, perhaps, unlikely to anglers, although some of them can cite instances showing that fish cannot see far. Snakes seem to have a very mediocre sense of sight. The boa, for instance, does not see for more than a quarter or a third of its own length. Different species are limited to one-fifth or one-eighth of their length. Frogs are better off; they see at 15 to 20 times their length.

OF ALL the larger cities of the country Chicago has the largest proportion of males in its total population. During the last 20 years Chicago has averaged 5.3 per cent. more males than females, while New York has averaged 2.8 per cent. more females than males; Philadelphia 5.7 per cent. and Boston 7 per cent. more females than males. And Chicago's male death rate is the lowest of the four cities.

HOW TO STEAL A FARM.—There is a story of Judge Grier, which everybody delights in, how he set aside an unjust verdict of a jury against an unpopular man, with this remark: "Enter the verdict, Mr. Clerk. Enter also, 'set aside by the court.' I want it to be understood that it takes thirteen men to steal a man's farm in this court."

THE MARKET VALUE OF HEALTH.

SO few people think of the drain on the income of the working class through sickness. It is estimated that an average of one day in each month is lost to each bread-winner from this cause. Besides how many fond hopes are blasted when one or both partners are stricken in the hey-day of life. From the lowest commercial point of view, as well as from that of our highest welfare, this shows the necessity of every effort for the preservation of our health. Disease in its multiform shapes is liable to attack us suddenly, or may give us due warning of its approach. To be prepared to meet these conditions with a medicine that wards off or soon alleviates any indisposition is what all require and seek. Many of these diseases begin with a chill, or through some disarrangement of the stomach, and if not attended to promptly soon develop into fever and ague or a severe case of dyspepsia.

For all such inroads upon health and to allay any dangerous symptoms, **Hostetter's Stomach Bitters** is the medicine you should have in store. It immediately restores the system from any chilly sensations, and cleanses the stomach of all dyspeptic tendencies. It has been successfully used in malarious regions against the poison in air or water, and has rendered the person using it immuue from the miasma which infests the newer settlements.

The Bitters has become a necessity in every family medicine chest, and many a day has been saved to honest industry by its proper use. Let us duly weigh the market value of health, and strive to attain our highest efficiency in behalf of those depending upon our efforts. Thousands have secured the coveted prize by adopting it as a family prescription for emergencies that overtake the healthiest households.

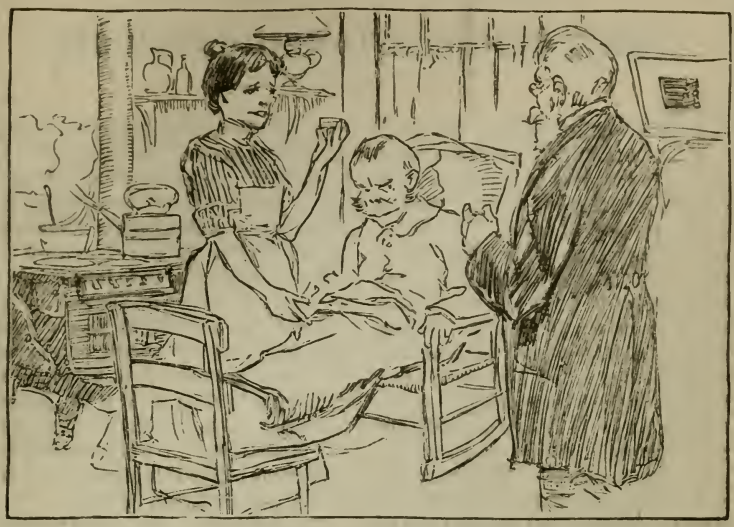
DAVID AND GOLIATH.

One word of well-directed wit—
A pebble-jest—has often hit
A boastful evil, and prevailed
When many a nobler weapon failed.

POTASH FOR ORCHARDS.—Potash is the most important fertilizer to be applied to orchards. Phosphoric acid is next in importance. For nitrogen a crop of cowpeas every year, or even every two years, will be sufficient. Frequent surface cultivation with an implement made to work far under the branches is always beneficial; but when the cowpeas are grown the process of planting them will be all the plowing required.

A CELTIC cook asked her mistress one Monday for leave of absence the following Sabbath to attend her brother's funeral. "Why," exclaimed the mistress, "this is only Monday! Surely, nobody's going to keep a dead body a whole week!" "He's not dead yet, mum," explained the cook. "No? Well, he may die to-day or he may live a month. No doctor can safely say that a person will die at such a time that a day may be set for the funeral." "The doctor's nothing to do wid it, mum," was the further explanation. "Oi'm sure Sunday .l be all roight; f'r he's sintinced to be hur g Friday."

THE DUMMY DIRECTOR.—What? You don't know what a dummy director is? Why, it is perfectly simple. He is merely a man who isn't and never was. His main qualification is that he doesn't own any stock in a company that has no capital. His duties are to be present yesterday at meetings that are to be held to-morrow and to approve minutes of transactions consummated the week before they are begun.



AN UNPROFESSIONAL OPINION.

DOCTOR: Well, Mrs. O'Brien, I hope your husband has taken his medicine regularly, eh?

MRS. O'BRIEN: Sure, then, doctor, I've been sorely puzzled. The label says, "One pill to be taken three times a day," and for the life of me I don't see how it can be taken more than once.

From E. W. FULLER, M. D., Marble, Colo., February 15, 1901:

I have sold your Hostetter's Stomach Bitters for over thirty years. and they give perfect satisfaction as a tonic and safe stimulant.

HERE is a little lesson in physiology from London Tit-Bits: "'If I stand on my head the blood all rushes to my head, doesn't it?' No one ventured to contradict him. 'Now,' he continued triumphantly, 'when I stand on my feet why doesn't the blood all rush into my feet?' 'Because,' replied McGinnis, 'your feet are not empty.'"

From IGNATZ BROLL, Cestohowa, Texas, January 31, 1903:

Dear Sirs—I acknowledge that Hostetter's Stomach Bitters is the best medicine for stomach, liver and kidney troubles. I have used it several years in my family with the best results.

From F. R. BOCK, Richmond, Texas, February 12, 1903:

Gentlemen—I suffered very much from stomach troubles years ago. Ever since I have used your Hostetter's Stomach Bitters I have been entirely cured, and for years past my stomach has been in fine condition. It is also a splendid tonic.

THE United States imported during a recent fiscal year 5,217,077,065 pounds of sugar, about one-fourth of it being beet sugar, and produced 6,000,000 pounds. This makes a per capita consumption of 72 pounds.

From CHARLES D. EICHELBERGER, M. D., Frederick, Md., August 21, 1903:

Hostetter's Stomach Bitters is the leader among bitters. I can recommend it.

THE man that is weakened in well-doing by the ingratitude of others is serving God on a salary basis.

ASSIST CONSTITUTIONAL DISABILITY.

THERE are numerous infirmities in human life to which the physician has given no name, but which cause more misery than many diseases catalogued in the books. The patient does not appear to be sick, but yet far from well. The least exertion exhausts him, and he is bereft of that ambition which spurs to achievement. Besides, some men inherit such an effeminate constitution that they have always to be building it up and supporting it by artificial means. It is a great misfortune to inherit such a dower, but we have no choice in the matter. Dr. Oliver Wendell Holmes said that in order to have a strong physique it was essential that the man should be able to choose his own grandfather. As this is impossible, we must make the best record we can with the bodies and tools furnished.

To greatly lessen or entirely abate inherited or acquired weaknesses, and rouse all our dormant energies, putting the various parts of our physical being in healthy coöperation, no medicine has a clearer title to confidence than **Hostetter's Stomach Bitters.** It has proved itself a harbinger of health to many who have long sought it in vain. It purges the system of all accumulation of noxious debris, regulates and tones the nerves, and expels from the brain those shadows which so darken the horizon of our lives. Acting primarily on the stomach, furnishing the material out of which is distilled wholesome blood, it brings nothing but health and comfort in its train.

The millions in this country whose only capital is their health, would do well to keep the Bitters on hand to ward off any impending attack. No matter how valuable may be our talents, if the well-nourished body and alert brain be wanting, all count for nothing.

WEIGHT OF ICE.—A close estimate of the weight of ice can be reached by multiplying together the length, breadth and thickness of the block in inches, and dividing the product by 30. This will be very closely the weight in pounds. Thus, if a block is 10 x 10 x 9, the product is 900, and this divided by 30 gives 30 pounds as correct weight. This simple method can be easily applied, and it may serve to remove unjust suspicions, or to detect short weight.

THE Weather Bureau collects its information by telegraph, and for a short time twice a day the whole telegraph system of the country is at its service to the exclusion of all other business whatsoever. The telegrams are sent in cipher, to secure their correct, careful transmission and to lessen tolls.

TO CLEAN PETROLEUM LAMP BURNERS.—Dissolve in a quart of soft water an ounce or an ounce and a half of commercial sodium carbonate (sal soda). Into this put the burner, after removing the wick, set it on the stove, and let it boil strongly for five or six minutes, then take out, rinse under the tap and let dry. This ought to be done at least every month, but the light would be all the better if it were done every two weeks.

THERE is too much for women to do. The world must live more simply if the queens of our homes are to have time for anything but drudgery. This is not a new complaint. It has been so ever since the days when Martha was rebuked for being careful and troubled about many things instead of choosing the one good part that can not be taken away.

A SENSITIVE dog will follow the track of a man who is wearing its master's boots, and will reject the track of its master if he has on strange boots.

"FAR FROM THE MADDING CROWD."

THERE is a school of economists at the present time whose career is governed by the text of the "strenuous life." It is all very well for the callow youth to fret and fume in the traces of his daily task, and sigh for some lofty career, but for one who has attained mature years, and has learned that it is through the energy of those who plod from day to day that the world is moved forward to higher levels, it is surely time this war cry of ceaseless activity came to a halt.

Physicians tell us that we are wearing out our nerves at a fearful speed, which fact is daily verified by the report of collapses that shock us for a moment, but do not tend to slacken our gait. No mortal man can do his best, in the long run, or live his longest, if he persists in crowding into one day, either of work or play, what should occupy two or three. Stay these strained nerves and fevered brain to count the cost, and determine if you can afford to buy wealth, or place, or fame at such a ruinous sacrifice.

To those who would seek a return to normal conditions, arrest this waste of life tissue, and build up a physique that will serve an active and trained will in any station, and store up a reserve force to meet the emergencies that come upon all, we would recommend a course of **Hostetter's Stomach Bitters.** It will assuage the disordered nerves, and afford that tranquillity of mind and body which is the index of real and permanent vitality. This intermixture of various herbs, roots and barks of proved hygienic value, dissolved and preserved in pure spirits, has restored thousands of invalids in the past, and is just as efficient to-day to those who test its virtues.

CONSUMPTION occurred rarely if at all among the negroes in slavery, but now, after a little more than a quarter of a century of freedom, causes more deaths among them than all the other contagious diseases combined. The negro death rate from consumption is more than three times that of the whites.

A STARTLING fact which has recently been demonstrated is that the equator is not a perfect circle. If you could drop a line from Ireland through to New Zealand it would be somewhat longer than another which cut the earth at right angles to it. The difference has not yet been ascertained with absolute accuracy.

RUBBER PLANTS.—To keep a rubber plant in condition it must have plenty of earth, plenty of water and a shower bath once a week. When it has dried, after the bath, wipe the leaves and sponge them with milk; this treatment acts as food, as well as making them rich and glossy.

FOR NOSEBLEED.—The veins that supply blood for nosebleed pass up to the nose about 1 to 1½ inches from the chin. Press thumb and forefinger hard upon these veins for a little time and nosebleed will stop. Continue the grip long enough for the orifices in the nose to heal over.

WILL IT RAIN?—A piece of camphor is said to be a very good indicator of what the weather is going to be. If, when the camphor is exposed to the air, the gum remains dry, the weather will be fresh and dry, but if the gum absorbs the moisture and seems damp, it is a sign of rain.

IF you stop to think, you may be surprised to find how limited your vocabulary is. Observation and memory should help you to add to your vocabulary by reading good literature. When you find a word in a book, or hear a word spoken which you do not understand, look for it in a dictionary. This will stamp it indelibly on your mind.

"GREAT NATURE'S SECOND COURSE."

SLEEPLESSNESS is one of the greatest afflictions that can befall a human being, It brings various nervous disorders in its train. Literary men are often victims of this torture, induced in a measure by the strain upon the brain, and the neglect of that healthful exercise which develops mind and body in unison. The desire is universal to enjoy sleep, and writers in all ages, in song and story, have pictured its soothing influence. Shakespeare, that master painter of human passions, thus refers to this heavenly boon:

"Sleep, that knits up the ravelled sleave of care,
The death of each day's life, sore labor's bath,
Balm of hurt minds, great Nature's second
Chief nourisher in life's feast." [course,

As inability to sleep is often caused by a nervous irritation of the brain, aroused by disturbances of the stomach, it follows that any course of treatment that will restore the digestive system to its original strength, will allay the pain and renovate the sensitive functions affected. The brain-soothing effect of **Hostetter's Stomach Bitters** has been experienced by many invalids of this class, and its invigorating action upon all the organs which convert food into blood, retards the undue waste of brain tissue, and expels from the stomach all the dyspeptic symptoms which cause the cerebral excitement. As a remedy for continued wakefulness, this wholesome provoker of welcome slumber will be found much preferable to opium, bromide of potassium, or other hurtful narcotics and sedatives usually administered. A wineglassful taken at bedtime will frequently procure for the restless brain a night of sound and refreshing repose.

"My dear," remonstrated a wife peering from under the bed-clothes, "I do wish you would use the word Sheol, it sounds better." "It may sound better at times," replied the husband, who was noisily nursing his heel, "but when a man steps on a tack he wants the old version."

SUMMING up his observations in Africa Sir H. M. Stanley says that the tallest men he found lived in high altitudes, from 5,000 feet above sea level and upward; the sturdiest from 3,000 to 5,000; the shortest, excepting the pigmies, from sea level to 3,000 feet.

ORIGIN OF THE GRAIN WEIGHT.—By an English law passed in 1266, it was provided that a silver penny, called a sterling, should equal in weight 32 wheat grains, well dried, and taken from the center of the ear. From this it seems evident that the grain of wheat was the prototype of the standard grain.

THE North Carolina experiment station proposes a plan for buying and selling cows. The rule is to pay for the cow at the rate of $12 per gallon of milk given per day that is rich enough to show 3½ per cent. of fat. To this price add or subtract one dollar for every one-fourth of one per cent. By this rule a cow is bought entirely on her merits.

ONE hundred pounds of bread contains 80 pounds of nutriment, 100 pounds of meat, 35 pounds of nutriment; 100 of beans, 92 pounds; peas, 93; rice, 75; potatoes, 25; carrots, 14; greens, 8. We consume much to obtain the small amount required.

THE speed of electricity unobstructed is that of light, on conductors it is comparatively slow. According to Tizeau's experiments, made in 1850, it is 111,600 miles a second in copper wire, and falls to 62,000 in iron. In transoceanic cables it is much less.

I THINK the first virtue is to restrain the tongue; he approaches nearest to the gods who knows how to be silent even when he is in the right.—CATO.

REMINISCENCES.

HE: Ha? ha! and do you remember the time that you fell out of the apple tree and I caught you?

SHE: Yes, indeed! And do you remember the time when I pulled you out of the pond by your long yellow curls?

From IRENE ACKERMAN, Editor The Union, New York, April 6th, 1903:

I have used Hostetter's Stomach Bitters for the stomach for years, and it has always kept me in a good condition.

ON the baby's third birthday it should weigh thirty-one pounds if a boy and thirty if a girl. It should measure nineteen and one-quarter inches around the head and twenty inches around the chest.

From L. J. DERBER, Bayou Chicot, April 24, 1900:

Gents—This is to certify that I have used your Hostetter's Stomach Bitters and it has proved beneficial. As a stomach remedy it is unsurpassed.

SYMPATHY is often of more use to the poor than almsgiving would be. A gift of money supplies only bodily needs; a few sympathetic words will bring comfort to many a weary, heavy-laden worker.

From DR. E. L. BATTELLE, San Francisco, Cal., April 7, 1903:

Hostetter's Stomach Bitters is the only reliable tonic on the market to-day.

STATES having less than one-sixth of the population choose a majority of the entire Senate of the United States, while more than five-sixths of the people of the country are represented by a minority in that body.

From G. R. BRADLEY, Newman, Ga., May 9, 1903:

Hostetter's Stomach Bitters we consider the best on earth, and never fail to recommend them to our trade as the best.

THE self-made man was speaking. He said: "My father was a raiser of hogs. There was a large family of us,"—and then his voice was drowned by the applause.

A PERSON'S chances of living to be 100 years old are 23 in one million. It is well to trust to life insurance.

THE AFTERNOON OF LIFE.

DR. ALFRED SCHOFIELD recently described, in the "Pall Mall Gazette," some of the signs of advancing age: "I am now 56; have led a steady, temperate life and am in good physical and mental health. I am growing old. Solidity seems to have replaced elasticity, with a resulting jar. I am somewhat stiffer in all my movements. Reason burns with less smoke and a clearer flame. This cleavage between body and spirit is the beginning of that process, barring accidents and disease, that will end in natural death from age, an end that comes to only one in ten."

This is the opinion of one who has made human life a subject of professional study, and whose observation and experience alike pronounce the care of our declining years a matter of vital concern. Of course there is no way to avoid the penalty of growing old, but with proper foresight we can greatly mitigate its discomforts, notwithstanding the lack of the elasticity and buoyancy of youth. The doctor also says that only one in ten die the natural death of old age. Think of the many avenues open to disease, and the great care necessary to avoid them.

Among the means successfully used to supplement the decadence of the natural powers, **Hostetter's Stomach Bitters** occupy a foremost place. It gently tones the stomach, stimulates the liver and bowels to healthy action, and removes the debris that clogs the internal organs. Counteracting the effects of malaria, arousing the kidneys to perform their part as outlets for all effete matter, it produces that equilibrium of the mental and physical faculties that ripen into a "green old age." The processes of nutrition being balanced, the human machine works without undue waste. A trial is only necessary to prove its soothing and wholesome effect.

THEN nestle your hand in the Father's
And sing if you can as you go,
Your song may cheer some one behind you
Whose courage is sinking low,
And if your lips do quiver
God will love you the better so.

THE eye of a young child is as transparent as water; that of the youth a little less so; in the man of 30 the eye begins to be slightly opaque; in the man of 50 or 60 it is decidedly opaque, and in the man of 70 or 80 it is dull and lusterless. This gradual development of opacity is due to the increase of fibrous tissue and deposit of waste matter in the eye.

IN Russia 4,000 out of every million inhabitants die of tuberculosis, in France and Austro-Hungary 3,000, in Germany, Ireland, Sweden and Switzerland 2,000 and in England, Belgium, Scotland, Holland, Italy and Norway 1,000.

MUCH can be learned by observing nature. A horse will never stand facing a wind in a pasture, but will always turn his back. A horse heated by driving can be foundered in a few minutes by standing facing the wind or in a draught. Distemper, lung fever, or a cough is often caused in all such cases.

"NATURE exercises a wonderful influence over men. Certain plants are poison to some folks and medicine to others." "Yes, and my husband is always troubled with rheumatism when the grass begins to get tall upon our lawn."

CHARITY of speech is as divine a thing as charity of action. Judge no one harshly misinterpret no man's motives, believe things as they seem to be until they are proved otherwise, temper judgment with mercy.

THE SUMMING UP OF THE WHOLE.

IN this Almanac we have endeavored to convince our readers that **Hostetter's Stomach Bitters** is a medicine of no mushroom popularity, but has grown through fifty years of public patronage, and has been pronounced by the press, the populace, and hundreds of reputable physicians, to possess great curative qualities in ailments pertaining to the stomach, liver and bowels, and all disturbances arising from malaria in air or water, or any inherited or acquired impairment of the general health.

This brain of ours, where the warp and woof of destiny are joined, by veiled processes, requires constant nourishment to sustain its intricate operations. Something is needed to recruit its ever wasting cells, and keep up its vigor and strength with fresh supplies of vital force. The varying moods that come over us all is proof positive that at times we need a regulator, as the steam engine a governor, to keep us in the even tenor of our way. If we can succeed in toning our bodily powers to natural and wholesome activity, the dependent brain will receive that stimulus and comfort which will enable us to make the best of ourselves both mentally and physically.

And so of this ever changing corporeal frame, which the physiologist tells us is entirely renewed every seven years. Exposed to the rigors of all climes, to the contaminating elements pervading the atmosphere we breathe and the water we drink, to the contagion that meets us at every turn, and the neglect and abuse of our own wilful course, it is little wonder that we encounter such destructive forces that wreck and ruin human lives. But as this seems to be our environment, the best we can do is to seek alleviation from these "ills that flesh is heir to," and profit by the experience of those who have been benefited by the remedies adopted.

For all these symptoms of mind and body, and to strengthen the inner man to weather the storm in every crisis of life, no safer and more effective tonic has been discovered than HOSTETTER'S STOMACH BITTERS. A trial of its virtues will be rewarded by a recovery of health, and a return of appetite and digestion, which will renew the zest of living and lift us to a higher plane of existence. For the convalescent emerging from a serious illness, it soothes and stimulates the action of those vital organs which hasten the return of interrupted manhood.

Hostetter's Business Calendar.

1906	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan.	..	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	..	..	..
Feb.	..	..	..	..	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	..	..	..
Mar.	..	..	..	..	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31
	..	..	..	..	..	..	..
April	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	..	..	..	..	..
	..	..	..	..	..	..	..

1906	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May	..	..	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31	..	..
June	..	..	..	..	..	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
July	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31	..	..	..	..
Aug.	..	..	..	1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	..
	..	..	..	..	..	..	..

1906	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept.	..	..	..	..	..	..	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	..	..	..	..	..	..
Oct.	..	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31	..	..	..
Nov.	..	..	..	..	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	..
Dec.	..	..	..	..	..	..	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	..	..	..	..	..

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